MOTHER AND BABY

by

DR. KELLER

THE SEXUAL EDUCATION SERIES

BY

DR. DAVID H. KELLER
ASSISTANT SUPERINTENDENT
WESTERN STATE HOSPITAL
BOLIVAR, TENN.

Fellow-American Psychiatric Association

MOTHER AND BABY

ROMAN PUBLISHING COMPANY
NEW YORK, N. Y.

Copyright, 1928, by
POPULAR BOOK CORPORATION
Assigned to
CHARLES ATLAS, LTD.
(Printed in the United States of America)

Illustrations in this volume reproduced from "Cunningham's Textbook of Anatomy". By permission of The Oxford University Press London, England, (American Publishers, William Wood & Co., New York).

Copyright Under the Articles of the Copyright Convention of the Pan-American Republics and the United States, August 11, 1910

CONTENTS

MOTHER AND BABY

Chapter 1.	INTRODUCTION: WHAT IS A BABY WORTH?	7
Chapter 2.	THE PHYSIOLOGY OF PREGNANCY	19
Chapter 3.	RECREATIONS AND AMUSEMENTS	55
Chapter 4.	PREPARING FOR THE BABY	65
Chapter 5.	PREPARATIONS FOR THE CONFINEMENT	75
Chapter 6.	THE BIRTH OF THE BABY	83
Chapter 7.	THE LITTLE BABY	89
Chapter 8.	THE FIRST TWO WEEKS	95
Chapter 9.	THE DAILY ROUTINE	101
Chapter 10.	TRAINING THE BABY	109
Chapter 11.	THE SICK BABY	117
Chapter 12.	THE SEXUAL EDUCATION OF THE CHILD	125
Chapter 13.	THE FATHER AND HIS BABY	131
Chapter 14.	THE CHILD AND THE FAMILY	144
Chapter 15.	EDUCATION IN THE HOME	149
Chapter 16.	THE HAPPY CHILD	158

CHAPTER ONE

Introduction: What is a Baby Worth

There is no event so vitally important to the welfare of the human race as the birth of a baby into a home. It is the harbinger of spring time in the human life, a symbol of the Resurrection, an ambassador from the land of Nowhere to the land of the very present Here. Without the constant arrival of these little visitors, this would be a sorry place to live in and the human race would dry up and be only dust within a hundred years. The daily rejuvenation of the race by the birth of our babies makes life not only possible but also well worth living. It is one of the strong links that holds the parts of society together. Indeed, it may well be said that the birth of children is the strongest bond between us. It gives all humanity something to live for and prevents mankind from degenerating and returning to the mud from which he came so many years ago. Man has climbed upward in the never ceasing struggle toward perfection, and it has been the little child that has always been the greatest cause for the effort to make something

worth while out of life. Without children in the home, there is not much joy in living or reason for doing better, working harder or living cleaner. It is one of the human factors in life that works constantly for the betterment of all mankind.

The baby has a definite place in the economy of human life. As one of the oldest happenings in Nature, his advent into the world has been looked upon as a very unusual and astonishing occurrence. The man never could become used to this idea of his wife's giving birth to a child, and it was the general rule for the husband to flee from the house to seek solace in the tavern at this important time. He remained there, trembling and fearful, till some kind neighbor came to tell him that it was a boy. In some way, it was a mysterious thing that the woman could, without taking any lessons, make such a perfect reproduction of an adult in miniature.

For some peculiar reason, the birth of a child was looked upon as a mixed blessing and curse. This is well demonstrated in the early attitude of man as illustrated in the endless poetry and prose on the subject.

The folklore of every nation tells how the first child was born. The most familiar of all these is the story of Adam and Eve in the Book of Genesis. All are well acquainted with the story of the Garden of Eden as told by Moses to the Jewish people. Eve was tempted by Satan to eat of the fruit of the Tree of Knowledge. As an evidence of the wisdom of ancient symbolism, the Evil One assumed for this special occasion the form of a serpent, and since then women have always been supposed to be very much afraid of all kinds of snakes and reptiles.

After eating the apple, Eve asked Adam to take a bite, and he did so. It was then that they realized the absence of clothes. Like all the other animals, they had been naked for some time without knowing it. To correct this error in proper evening costume, they used the fig leaves and they were thus clad when the Lord found them. Adam thought he had a good excuse and he has used it a million times since then, "The woman did tempt me—" To put the matter briefly, there was no doubt in Adam's mind that Eve was to blame for the entire unfortunate affair.

Subsequent events left no doubt as to just what the fruit of the Tree of Knowledge was. The Lord in the garden plainly told Eve just in what way she had sinned and what her punishment was to be during the rest of her life, and not only she, but all women in all ages were also to be punished for the sin of the first woman. She was to suffer the pain of a living death in childbirth, and, by the sorrows of maternity through endless ages, was some day to atone for her sins. Adam was to earn his bread by the sweat of the brow, but the sweat on the forehead of Eve was to come from the travail of childbirth.

From the time that such histories of the Creation were first passed from mouth to mouth and then put on stone or parchment, mankind has looked upon the sexual life of women as something shameful, a thing to be covered up and reserved for the dark corners of life. In some way the woman was always unclean because of the part that she had played in the Garden, and some times she was more unclean than at other times. She tempted Adam and made him fall, so, in her suffering she is simply paying the penalty for her sins, and the common way of expressing this meaning is

that no matter what happens it is always the woman who pays.

This is an unpleasant and sordid picture. It seems as though, in some way, the female sex were being handed the bitter part of life. But it must be remembered that the history of that occurrence was written by a man, Moses, who was always very grandiose and masculine, and who never, in any way, showed any special consideration for the feminine part of society. His attitude toward women was entirely different from the teaching of Christ. However, the teaching of Christ made but little difference in the way that men looked at the Eden story. They felt it their religious duty to make the curse of that evening as binding and lasting as possible. When ether was discovered by Dr. Morton, of Boston, in 1846, as an anesthetic and when Sir James Simpson, of England, in 1847, applied the use of ether to midwifery as a means of abolishing the pains of labor, a storm of protest arose from the Christian clergy all over the world. They thundered against such a sinful suggestion, and openly stated that God had put the curse of pain in childbirth on women in the Garden and that it

should not be removed by man without God's special permission and gracious approval. They continued this attitude till the weight of public opinion forced them to be silent, but unconvinced.

The babies come into the world, irrespective of all ignorance and opposition and unwelcomeness, they continue to come, and many of them manage to live to adult life, though many die. This unnecessary loss of life in early infancy is another sad part of the picture. A fair estimate can be made of the number of children who die in the first nine months of life, but who can tell, even approximately, the death rate from the time of conception to the time of birth? Many of these unborn babies die through disease or ignorance on the part of the mother, but many lives are destroyed in the uterus by the deliberate action of the mothers. The slaughter of the innocents was small, compared with the annual loss of life caused by criminal abortion. But the babies keep coming into the world.

The large death rate during the first year of life could be greatly reduced by the proper prenatal care of the mothers, their

better ability to care for their infants by being better educated in child welfare, and by a general improvement in the social conditions under which the baby and mother live. Society is beginning to recognize the need of furnishing every possible aid to the mother, both before and after the child is born. Prenatal clinics are in every city. Visiting nurses give aid and instruction, and the great specialists in every nation have written books on the subject of infant care, giving, in simple language, directions to the mother, who is taking care of her first child. Thus, to a certain extent, the nation and the individual are doing what is possible to conserve the health of the new mother and her child.

Yet, this is a large country, and, in our cities, but perhaps more so in our isolated rural communities, there are thousands of women who have never received any form of help or education in the care of their babies. They would like to take better care of their own children if they only knew how. In the Ozark Mountains, in the rice-lands of the South, on the windy plains of Texas and Arizona, there are women who need this help and who realize their want

of it, and, yet, who live on, year after year and baby after baby, without learning the necessary details of prenatal care or infant nursing. All that they know about the most wonderful act in the world, childbirth, and the most precious jewel in the world, the newborn baby, has been learned by bitter experience or from the overworked country doctor or ignorant midwife. The country doctor does what he can, but his time is too precious to stay several days with each confinement case, giving the mother the necessary instruction in infant care. This has to be left to the old woman nurse, who knows all about babies, because she has lost ten. Too often she is the authority on babies in the far-a-way isolated portions of our land.

What price for a baby? How much is a little one worth? Is the girl with wondering blue eyes worth a fraction of a dollar? If the woman, sitting at her ease in a comfortable home, could save the lives of ten babies at the cost of a few dollars, would she do it? Or would she take the money and go to the movies? A very small sum of money will buy a book like this. It may make some mother happier and her baby healthier. It may even save the life of a

child. It cannot be written in scientific language, for it will have to be understood. It has to be a simple presentation of the necessary facts of life, important to a mother and her child, a plain outline of knowledge, that will help the mother who needs help, and is willing to accept it.

All that the mother needs is a desire to care properly for her child, the love necessary to make the effort to gain an education and a book. If she has two dollars, she can buy a Holt or a Griffith, but if she is poor, she need only buy a book like this at trifling cost. The doctor could leave such a book with each of his obstetrical cases, the Church Missionary Society could give one to every expectant mother in the community. The mountain missionary could carry them in his pocket as he follows the stream to the hillside cabin. Would it be worth while, if every time a book was given to a woman, she was made happier?

The only home that is worth while is the happy one and the home has to have children in it to be happy. Unless the baby is happy and healthy, it cannot be a source of joy to the parents. The mother is the natural nurse of her baby. In all the world

there is no one who can put as much love into the nursing as the child's mother. Always the love is there, the desire to do all that is possible to help the child to grow into a fine youngster, and it is singularly true that the poorer the mother is and the more she is isolated from the comforts and advantages of society, the more anxious she will be to take good, loving care of her child. She will love it, care for it, nurse it tenderly, do all that she can—and all that she needs is a little help, a little education in the proper way to do all these things for her baby.

The mother comes into touch with the child in three different periods of life before it ceases to be a real baby. First of these is the time before the baby's birth, an interval of about two hundred and seventy-five days from the date of conception to the time of birth. These are very important days, in which the destiny of the child is decided and the health and even the life of the mother are weighed in the balance. After the birth of the child there comes a period of twenty-four months, in which the baby is called an infant and requires special care. Then comes an interval of four years, which ends up with the

baby's growing up and starting to go to school. During these six years the mother is the one who takes the greatest care of the baby, and in the last four years it is the mother who teaches the little child to talk, to eat, to dress and to learn the primary rules of social conduct.

The mother is the child's main companion during these formative years, as the father is usually away from home in the daytime, and when he is home the baby is asleep. So, it is true that during the first nine months of uterine life and during the first six years of extra-uterine life the entire responsibility of the child's care falls on the mother. She may neglect the child or hire someone to do her work for her or she may do the work poorly through ignorance, but she cannot avoid the responsibility.

There is also a responsibility that she owes her husband. This baby is his child as well as hers. He is not home to care for its welfare during the daytime; so, he has to trust his wife to do the best that she can in taking care of their child and giving the preliminary education. She owes it to the husband and father to do her best. Also, while she is the mother of the child, she is also the wife of her husband, and she can-

not perform her social and economic duties unless her health is of the best.

Pregnancy and the birth of a child are normal happenings in the life of a normal woman—yet, she should know how to care for herself and the baby—for even a normal woman requires weeks of care before and after childbirth, and, no matter how healthy a baby is, it will soon sicken under neglect and ignorant nursing. If it is necessary to educate the adolescent and those who have just married in sexual hygiene, why should it not be worth while to educate the mother in the care of herself and the child? If such education can be purchased for the price of a book like this, is it worth it?

CHAPTER TWO

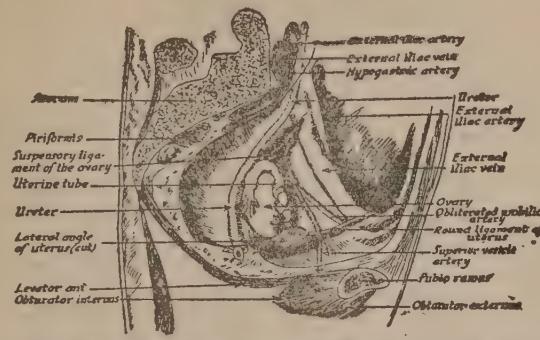
The Physiology of Pregnancy

The process of pregnancy is a normal one and should be considered so by the young mother. The possibility of being able to give birth to a child should be considered as one of the most wonderful events in the life of a woman. From the very first moment of definite knowledge that a child will some day be born to her, the young wife should feel especially favored by the Creator in being permitted to be a creator herself. The very thought that the baby will spend the first months of life and growth inside her own body should be in itself a source of joy; and when, in addition to this, she realizes that the life of this child is due to an act of love between her and her husband, it is easily seen why these months should be the happiest ones in her life.

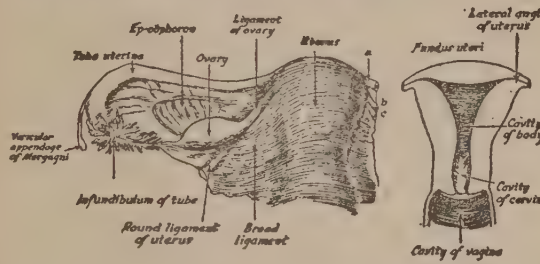
Every twenty-eight days since the onset of puberty the young woman has discharged an *ovum*, or egg, from one or the other of her *ovaries*, or egg forming glands. With this egg production comes a bleeding from the lining of the uterus, or womb,

and this is called the menstruation, or *menses*. This flow usually lasts from three to seven days. During the period of this discharge it has been the custom for many centuries for the husband and wife to abstain from sexual intercourse. At the end of this discharge, the sexual life may be resumed, and pregnancy is liable to result at any time during the following three weeks. The pregnancy itself is due to the direct union of the female egg, called the ovum, and a male fertilizing egg, called the *spermatazoon*, which is contained in the male fluid, called the *seminal fluid*. The physical union by which the seminal fluid is deposited within the woman's sexual organs by the male is called *coitus* and also *insemination*, and it is this act that is usually spoken of as the sexual act.

While it is impossible for the young married couple to be certain of which sexual act will positively result in fertilization and an ensuing pregnancy, still, they should remember that any time that insemination is performed they may be creating their child. If the full significance of this wonderful thought is kept in mind, the act of coitus will become more than merely a passionate act of animal union and develop into a love



This illustration shows a section of the female pelvis cut parallel to, but past the median plane, so as to indicate the position of the ovary and the uterine or fallopian tube. The round ligament of the uterus is also shown here and the path of the ureter (urinary canal) can be seen as it comes down from the kidney to terminate at the bladder.



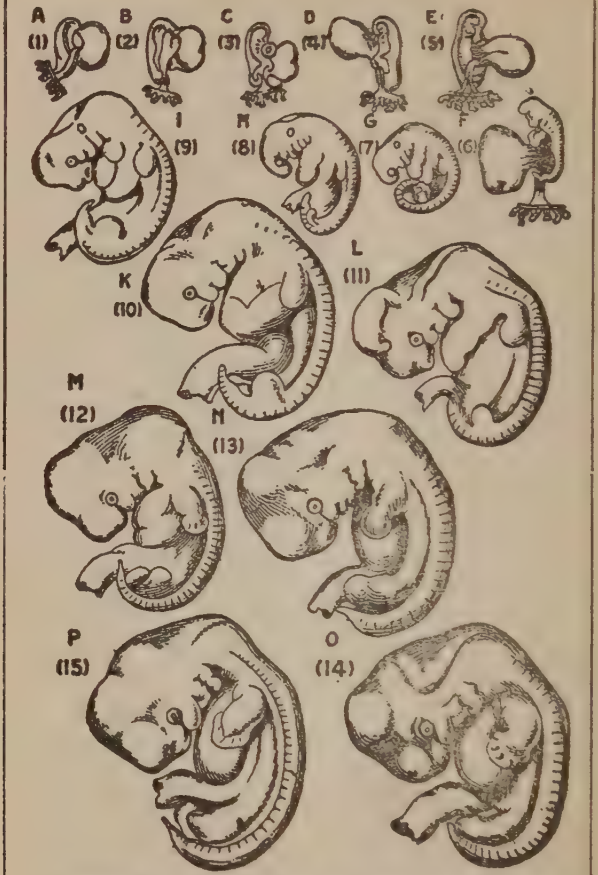
A, is a view of the uterus and broad ligament, the broad ligament having been spread out. It shows clearly the relative size of the ovary and the uterine or fallopian tubes, and indicates the infundibulum of the uterine tube also called the fimbriated end of the fallopian tube. On the right side a is the isthmus of the tube, b, the ligament of the ovary and c, the round ligament of the uterus, all three of which have been cut short. B, is a diagrammatic view of the uterus opened up, showing how the uterine tubes enter the cavity of the body of the uterus.

act in which the minds and souls of the young man and woman will find the greatest joy and harmony known to the human race. If the child can be created in such a real love act and the thought constantly kept alive for the next six years that its creation was a definite act of love with a definite purpose of bringing a new child into the world, then the happiness of that child throughout life is almost certain. In every life there is a feeling of isolation and loneliness, and when a child definitely knows that his coming into this special family was not the accident that it so often is, but the result of a definite attempt and invitation on the part of the parents, he cannot help but feel that he has a specific part in the life of that family, and his social position in regard to his parents will be a loving one instead of simply a respectful one, due to their age.

The mental attitude of the expectant mother should be one of quiet happiness. As far as is possible, she should not worry over anything, and her husband should feel that it is his duty to see that everything is done to shield her from the little annoyances of life. She should try not to let the ordinary cares and duties of life arouse

emotional storms, either of joy, sorrow or anger. Nothing should be permitted to interfere with the placidness of her life. And in this respect, the desire for the child and the preparation for it and willingness to have it before conception takes place, will have a great influence on the happiness and calm of the young mother. Nothing makes a woman happier than to be allowed to do something that she wants to do, and, on the other hand, nothing so thoroughly arouses her resentment as being forced to do something that she does not want to do. If a woman wants to be pregnant, she will be happy, and if she becomes in that condition against her will, she will be very unhappy, and that mental condition will reflect itself in the future mental life of the child.

It is important for the mother to know positively, just as soon as she can, the fact that she is actually pregnant. There are several reasons why this is so. She has to take better care of her body in every way, as any great neglect of the rules of hygiene, or any unusual physical exertion or great emotion may result in the early death of the new life. The first unusual thing in her life, which will lead her to suspect that she is about to become a mother, will be the



These illustrations show the stages of development of a human embryo in order. Those from 1 to 15 are embryos of the first month; the em-

bryos numbered 16 to 26 are formations of the second month. It is quite impossible to get the exact age of these embryos because it is difficult to state definitely the exact time when pregnancy took place. In the second month, the human embryo measures 30 millimeters (.118 inches). At the age of 31 to 35 days, it is only 5½ millimeters long.

absence of the monthly flow. While some women are irregular in the time of this function, still, most women are normal enough to make this absence a valuable sign, and if a woman who has been leading an active sexual life goes one or two weeks beyond her regular time for the onset of the flow, she can think at once of the fact that she may be pregnant. The next occurrence is the appearance of a peculiar sensation, which is called the *morning nausea.* There is a lack of appetite for breakfast, and, if it is eaten, it is vomited, or there may be a desire to vomit, which is very similar to the nausea of seasickness.

This morning nausea usually begins at the sixth week of pregnancy and lasts anywhere from one or two mornings to a few weeks. If it continues past that time, a doctor should be consulted, as the continuation of this sympton over too great a time may be the cause of the child's death. These two occurrences in the life of the married woman, the cessation of menstruation and the onset of morning nausea, are the earliest and most positive signs that the woman has of the beginnings of pregnancy. If, after the morning nausea, another twenty-eight day period elapses without the ap-

pearance of the monthly flow, the woman can feel fairly sure that she is going to have a child. The exact night that the pregnancy started is of little importance except to determine the approximate time at which the baby will be born. It is always well to know this so the clothing can be prepared and the household life arranged for during the period in which the wife, mother and housekeeper will be in bed. The simplest way of determining this date at which the childbirth can be expected is to count back three months from the day that the last period began and add seven days. This date will be near enough to the date of the actual birth to make it fairly correct.

The Period of Gestation and the Pregnancy Table

Period of Gestation

This interesting and anxious period in a young wife's life is usually reckoned at 280 days, or 40 weeks, or 9 calendar months. Dr. Reid, in his report upon 500 cases, found the following:

23 cases in the 37th week.
48 cases in the 38th week.
81 cases in the 39th week.
131 cases in the 40th week.
112 cases in the 41st week.
63 cases in the 42nd week.
28 cases in the 43rd week.
8 cases in the 44th week.
6 cases in the 45th week.

It would be well in reckoning the "count," to begin about three days after the last monthly period, the rule being that conception is more likely soon after menstruation than at another time.

The following table, showing the probable beginning, duration and completion of pregnancy, and indicating the date on or about which the date of labor may be expected, may be found both convenient and useful. It allows three days after the usual 280 days, that is, the "count" begins three days after the last monthly or menstrual period:

The Pregnancy Table

Jan.	1	Oct.	11	Jan.	25	Nov.	4
"	2	"	12	"	26	"	5
"	3	"	13	"	27	"	6
"	4	"	14	"	28	"	7
"	5	"	15	"	29	"	8
"	6	"	16	"	30	"	9
"	7	"	17	"	31	"	10
"	8	"	18	Feb.	1	"	11
"	9	"	19	"	2	"	12
"	10	"	20	"	3	"	13
"	11	"	21	"	4	"	14
"	12	"	22	"	5	"	15
"	13	"	23	"	6	"	16
"	14	"	24	"	7	"	17
"	15	"	25	"	8	"	18
"	16	"	26	"	9	"	19
"	17	"	27	"	10	"	20
"	18	"	28	"	11	"	21
"	19	"	29	"	12	"	22
"	20	"	30	"	13	"	23
"	21	"	31	"	14	"	24
"	22	Nov.	1	"	15	"	25
"	23	"	2	"	16	"	26
"	24	"	3	"	17	"	27

Feb.	18	Nov.	28	Mar.	29	Jan.	6
"	19	"	29	"	30	"	7
"	20	"	30	"	31	"	8
"	21	Dec.	1	Apr.	1	"	9
"	22	"	2	"	2	"	10
"	23	"	3	"	3	"	11
"	24	"	4	"	4	"	12
"	25	"	5	"	5	"	13
"	26	"	6	"	6	"	14
"	27	"	7	"	7	"	15
"	28	"	8	"	8	"	16
Mar.	1	"	9	"	9	"	17
"	2	"	10	"	10	"	18
"	3	"	11	"	11	"	19
"	4	"	12	"	12	"	20
"	5	"	13	"	13	"	21
"	6	"	14	"	14	"	22
"	7	"	15	"	15	"	23
"	8	"	16	"	16	"	24
"	9	"	17	"	17	"	25
"	10	"	18	"	18	"	26
"	11	"	19	"	19	"	27
"	12	"	20	"	20	"	28
"	13	"	21	"	21	"	29
"	14	"	22	"	22	"	30
"	15	"	23	"	23	"	31
"	16	"	24	"	24	Feb.	1
"	17	"	25	"	25	"	2
"	18	"	26	"	26	"	3
"	19	"	27	"	27	"	4
"	20	"	28	"	28	"	5
"	21	"	29	"	29	"	6
"	22	"	30	"	30	"	7
"	23	"	31	May	1	"	8
"	24	Jan.	1	"	2	"	9
"	25	"	2	"	3	"	10
"	26	"	3	"	4	"	11
"	27	"	4	"	5	"	12
"	28	"	5	"	6	"	13

May	7	Feb.	14	June	15	Mar.	25
"	8	"	15	"	16	"	26
"	9	"	16	"	17	"	27
"	10	"	17	"	18	"	28
"	11	"	18	"	19	"	29
"	12	"	19	"	20	"	30
"	13	"	20	"	21	"	31
"	14	"	21	"	22	April	1
"	15	"	22	"	23	"	2
"	16	"	23	"	24	"	3
"	17	"	24	"	25	"	4
"	18	"	25	"	26	"	5
"	19	"	26	"	27	"	6
"	20	"	27	"	28	"	7
"	21	"	28	"	29	"	8
"	22	Mar.	1	"	30	"	9
"	23	"	2	July	1	"	10
"	24	"	3	"	2	"	11
"	25	"	4	"	3	"	12
"	26	"	5	"	4	"	13
"	27	"	6	"	5	"	14
"	28	"	7	"	6	"	15
"	29	"	8	"	7	"	16
"	30	"	9	"	8	"	17
"	31	"	10	"	9	"	18
June	1	"	11	"	10	"	19
"	2	"	12	"	11	"	20
"	3	"	13	"	12	"	21
"	4	"	14	"	13	"	22
"	5	"	15	"	14	"	23
"	6	"	16	"	15	"	24
"	7	"	17	"	16	"	25
"	8	"	18	"	17	"	26
"	9	"	19	"	18	"	27
"	10	"	20	"	19	"	28
"	11	"	21	"	20	"	29
"	12	"	22	"	21	"	30
"	13	"	23	"	22	May	1
"	14	"	24	"	23	"	2

July	24	May	3	Sept.	1	June	11
"	25	"	4	"	2	"	12
"	26	"	5	"	3	"	13
"	27	"	6	"	4	"	14
"	28	"	7	"	5	"	15
"	29	"	8	"	6	"	16
"	30	"	9	"	7	"	17
"	31	"	10	"	8	"	18
Aug.	1	"	11	"	9	"	19
"	2	"	12	"	10	"	20
"	3	"	13	"	11	"	21
"	4	"	14	"	12	"	22
"	5	"	15	"	13	"	23
"	6	"	16	"	14	"	24
"	7	"	17	"	15	"	25
"	8	"	18	"	16	"	26
"	9	"	19	"	17	"	27
"	10	"	20	"	18	"	28
"	11	"	21	"	19	"	29
"	12	"	22	"	20	"	30
"	13	"	23	"	21	July	1
"	14	"	24	"	22	"	2
"	15	"	25	"	23	"	3
"	16	"	26	"	24	"	4
"	17	"	27	"	25	"	5
"	18	"	28	"	26	"	6
"	19	"	29	"	27	"	7
"	20	"	30	"	28	"	8
"	21	"	31	"	29	"	9
"	22	June	1	"	30	"	10
"	23	"	2	Oct.	1	"	11
"	24	"	3	"	2	"	12
"	25	"	4	"	3	"	13
"	26	"	5	"	4	"	14
"	27	"	6	"	5	"	15
"	28	"	7	"	6	"	16
"	29	"	8	"	7	"	17
"	30	"	9	"	8	"	18
"	31	"	10	"	9	"	19

Oct.	10	July	20	Nov.	18	Aug.	28
"	11	"	21	"	19	"	29
"	12	"	22	"	20	"	30
"	13	"	23	"	21	"	31
"	14	"	24	"	22	Sept.	1
"	15	"	25	"	23	"	2
"	16	"	26	"	24	"	3
"	17	"	27	"	25	"	4
"	18	"	28	"	26	"	5
"	19	"	29	"	27	"	6
"	20	"	30	"	28	"	7
"	21	"	31	"	29	"	8
"	22	Aug.	1	"	30	"	9
"	23	"	2	Dec.	1	"	10
"	24	"	3	"	2	"	11
"	25	"	4	"	3	"	12
"	26	"	5	"	4	"	13
"	27	"	6	"	5	"	14
"	28	"	7	"	6	"	15
"	29	"	8	"	7	"	16
"	30	"	9	"	8	"	17
"	31	"	10	"	9	"	18
Nov.	1	"	11	"	10	"	19
"	2	"	12	"	11	"	20
"	3	"	13	"	12	"	21
"	4	"	14	"	13	"	22
"	5	"	15	"	14	"	23
"	6	"	16	"	15	"	24
"	7	"	17	"	16	"	25
"	8	"	18	"	17	"	26
"	9	"	19	"	18	"	27
"	10	"	20	"	19	"	28
"	11	"	21	"	20	"	29
"	12	"	22	"	21	"	30
"	13	"	23	"	22	Oct.	1
"	14	"	24	"	23	"	2
"	15	"	25	"	24	"	3
"	16	"	26	"	25	"	4
"	17	"	27	"	26	"	5

Dec.	27	Oct.	6	Dec.	30	Oct.	9
"	28	"	7	"	31	"	10
"	29	"	8				

Now that the young wife is certain that she is going to have a child and has determined the approximate time at which it will be born, she should cease to worry in every way, but simply take it for granted that everything will be all right and that in the course of time she will give birth to a normal, well formed, healthy baby. She can look for changes in her body, in her various sensations and in her emotional life, but she should always remember that the experiences, which she is having, are those that every woman has and has had for hundreds of thousands of years, and that, since it is a usual part of life, there is no need of her making an invalid out of herself and so protecting her body from the little hardships of life until she becomes a burden to the rest of the family and even an annoyance to herself. All of her family should remember this and do what they can to keep her in a placid, cheerful mental condition. The husband should feel that this is a part of his duty, and his constant effort should be toward making his wife feel that everything is all right and that

nothing can possibly happen to mar the happiness that has so far existed between her husband and herself.

In this respect, the love life of the young man and his wife is very important. The married life before pregnancy has been one of love, and the common expression of that love, as far as the physical side of life is concerned, is the sexual act. The wife has accepted this as the way in which her husband can best demonstrate his affection for her, and she realizes that this is the one act that makes them man and wife and differentiates her from the other women whom her husband is acquainted with.

When she becomes pregnant and the usual changes take place in her body, she, at once, feels that she will no longer be physically attractive to her husband and that he will go elsewhere, to other women, for the gratification of his sexual desires. This condition is too often what actually happens, and she, no doubt, will be told many sad stories, which are all the sadder because they are true. This fear of losing her husband's love is one of the most persistent reasons for unhappiness in pregnancy, and the only person that can make it disappear is the one most deeply con-

cerned, and that is the husband. He should try in every way that he can to show his wife that he still loves her, and, while it may be necessary to return to the more limited caresses of the days of the engagement, still, there should be nothing in his actions that suggests, in any way, indifference or neglect.

The actual sexual life can be continued through the early months of pregnancy, provided too great physical exertion or emotional stress is avoided, but after the fifth month it would be advisable to begin a life of continence, and if the husband is really in love with his wife and even dimly realizes the great event that is taking place in her life and his, he will be glad to make this or any other sacrifice that is necessary for her comfort and welfare. He should, at the very first temptation to be in any way untrue to her, take an evening off and carefully read one of the books written to tell men about the results of sexual diseases and their disastrous results to the wife and children. He should thoroughly become acquainted with the diseases called gonorrhoea and syphilis, and when he learns the usual result of a husband's seeking the pleasures of a prostitute during the preg-

nancy of the wife, he will probably do anything rather than subject his loved ones to these dangers. The only advice to give this man, who is about to become a father, is to tell him to act as a gentleman, and if he cannot do this, tell his wife so honestly and separate from her for the rest of his life. That would be a hard thing to do, but it would be far kinder than to make her a hopeless invalid for life or to expose his child to the danger of blindness, deafness or hopeless feeble-mindedness or insanity.

The woman should remember that her emotional life is apt to be different in some ways. She may be more calm or more restless than she was before the beginning of pregnancy. Little things will bother her that she never has worried about before. Her thoughts and desires and longings will be different, but she should make an honest effort not to let these emotions cause herself and everybody else to be unhappy. It is all very well to humor herself, but she should not carry it to such a selfish point that she makes the entire household restless and upset. She can best adjust herself to the new life by going ahead with her daily duties, living, as far as possible, just

as she did before pregnancy occurred. If she does this and is on her guard against outbursts of temper, she will make all around her a great deal more comfortable than they would be if the reverse were true.

The matter of her diet is an important one. Simply stated, it may be said that she should continue eating the foods that she was accustomed to before the onset of pregnancy. If she simply follows the dictates of her own cravings, she will not go far wrong, as her instincts will tell her what is needed and what is not. She will find, to her surprise, that she will stop eating some kinds of foods and eat a great deal of other kinds. This peculiar craving in this condition is one of the lesser signs of her pregnancy. The symptom is known as *"pica,"* and if a woman wants to eat a dozen oranges a day or begins eating raw onions for the first time in her life, it is usually a good sign that she will soon give birth to a child. While it is proper to yield to these cravings, there should be a certain moderation shown, especially in regard to meat and the heavier forms of food. As a rule, all vegetables and fruits can be eaten in large amounts, and the same thing is true of

sugars. Starches and meats should be taken in moderation, and the less meat taken the better it will be. Eggs can be easily substituted and are harmless and easily digested.

The elimination of all waste products of the body is made through the kidneys, bowels and skin. During the growth of the child in the uterus all of these organs have extra work to do, but the kidneys are put to a greater strain than any of the other organs. This is a very important thing to remember. Some diseases of childhood, like diphtheria, scarlet fever and tonsillitis, leave a permanent weakness of the kidneys, and they are unable to perform in a normal way during pregnancy. This failure of function leads to invalidism, constant fatigue, frequent headaches and at last into convulsions, which resemble those of epilepsy. This danger should be remembered, and every woman should, from the onset of conception, have her urine examined every month for the first eight months and every week for the later time of the pregnancy. This examination should be made by a physician and preferably by the doctor who has been engaged to care for the young

mother during her confinement. The various tests of the urine will give the doctor warning of approaching danger and enable him the better to advise the woman how to care for herself that she may make the strain on the kidneys lighter. If the woman is poor, any reputable physician will be glad to render this service free of charge.

The most important things in caring for the kidneys are: (1) the free drinking of water, lemonade or milk, in order to reduce the strength of the poisons circulating in the body and make it easier for the kidneys to pass them; (2) The avoidance of large amounts of meat, as this diet increases the amount of poisons that have to be thrown off; (3) frequent and thorough bathing of the skin in order that it may be in the best condition to assist in the elimination of these poisons; (4) a daily thorough movement of the bowels and the constant avoidance of constipation, either through the use of a mild laxative or the taking of a small enema of warm water and soap. If these simple rules are adhered to and the kidneys are at all healthy to begin with, the woman will have no trouble, as far as the work of the kidneys is concerned.

The proper care of the teeth is a very important part of the prenatal period. This involves, not only the care of the mother's teeth, but also the provisions necessary to insure strong teeth for the child. There is a good deal of mineral and lime salts required to grow the skeleton of the baby, and, if this is not supplied by the mother's diet, it must come from similar structures in her body. For this reason, there is a tendency for the teeth to weaken and decay through the absorption from them of the lime salts needed for the child. So often is this the case that the old saying was that a mother loses a tooth for every child she bears. This is unnecessary and can easily be prevented. The young mother should frequently brush her teeth, using milk of magnesia on the toothbrush, and she should also take several spoonfuls a day of the same form of lime. It is a good practice to visit a dentist as soon as the pregnancy is discovered and have a thorough examination made of all the teeth, and all necessary treatment given. After childbirth and during the time that the child is being nursed, the same care should be given to the teeth.

In regard to the diet, two words should

be remembered as being of great importance to the growing child. These are moderation and variety. The young life is nourished through the blood of the mother and has to take what is in that blood. The undeveloped baby has no power to refuse what is harmful or to take, in large quantities what is beneficial. An insufficient amount of food and a poor variety, especially of fruits and vegetables, will cause the fetus to grow into a feeble, weak baby, and may even be the cause of its having a defective skeleton, which will be one of the evidences of a disease known as rickets. It used to be considered that this was a disease caused by poor nourishment in early infancy, but now it is believed that many cases are due entirely to the poor and insufficient diet of the mother before the child is born.

A too heavy diet is also dangerous. The mother grows too fat and the child too heavy, and when the time comes for it to be born it is so large that the birth is difficult and apt to end in damage to both the child and the mother. The usual child weighs about seven pounds, and if it is much above this in weight, it is not at all a favorable happening. Moderation in eating, free ex-

ercise and an avoidance of excessively large meals will correct this overweight. It should always be remembered that fruits and vegetables are better than meats and the heavier starches as the regular diet. Such a diet will furnish all the vitamines needed for mother and child. This word vitamines is a new word. It refers to certain substances in foods, the exact chemical nature of which has not yet been determinded, but of whose use we are fairly certain. There is nothing very new about the foods that contain them; man has been eating vitamines for many years without knowing it. The principal foods containing them are fruits, vegetables, milks and eggs and the juices of raw meats, like beef. If these are used regularly, the woman will have all the vitamines she needs, and it will be unnecessary to pay a large price for the compressed vitamines which are put on the market and extensively advertised as being absolutely necessary to the health of the expectant mother. A diet as above outlined will keep the mother in health, furnish the baby with a strong body and make pregnancy what it should be, a normal healthy process of nature.

The woman's teeth are not the only parts

of her body that suffer. The health of the entire body needs attention. The hair loses its life and luster and should be frequently brushed and washed and the scalp kept clean. Expensive tonics and perfumed soaps are unnecessary. Plain Castile, olive or tar soap will answer every purpose. If the nails become brittle and dry, they can be rubber each night with vaseline.

Simple douches of warm water and soap may be used occasionally if there is any offensive odor, but there is no need of strong antiseptics, and their use should be avoided.

As the child grows larger, there is a change in the size of the abdomen. At this time there is a danger both of using too much support for the walls of the abdomen and too little support. Some pressure may be needed, but this should not be too great. Any heavy form of corset, especially if used to conceal the fact of the woman's condition, will do harm to herself and the child. It will weaken the muscles, by doing the work they are supposed to do, and the pressure on the child may produce defects in its growth and even actual deformities of its body. No honest woman need be ashamed of the world's finding out that she is going to give birth to a child, and her

condition, especially in the earlier months of pregnancy, should be no reason for her isolating herself and staying away from all the social life of her community. If her husband is really sympathetic and loving, he will see that her social life continues as long as is possible, and, by constantly acting as her escort and companion, he will show both his wife and the world that he is proud and happy of the fact that he is a father and sees no reason why he should be ashamed of the fact.

If, on the other hand, no support is given to the abdominal wall during the last months of pregnancy, the abdomen may become too large, the muscles too weak and both the birth of the child and the convalescence of the mother become abnormal. In regard to a support, it is not necessary to spend a large sum for a specially fitted corset, but any woman, who is a clever seamstress, can make her own supporter out of heavy muslin. This support should snugly fit the body, have broad shoulder straps so the extra weight can be carried from the shoulders, and have side garters so the stockings can help hold it in place. The advantage of a home made support is

the small cost and the fact that two can be made so that frequent washing can be done.

There will be times when the woman will feel very lazy and more or less indifferent to the duties of the household. She should realize that this is both a mental and a physical condition, and, while there must be frequent rest periods, still, she should do sufficient work to give her muscles exercise and keep her mind active and her body alert. This muscular work should not be all indoors. Exercise outside the house is a very necessary part of her life. A dozen chickens, a flower garden, or a small vegetable plot will take her out of the house, and, at the same time, give her exercise. Frequently, instead of having too little of this kind of work, the woman in the country has too much. The husband is to blame when this is the case. He should remember that he married a wife instead of a servant and that her health is far more important than that of the cows, or the large flock of chickens.

The important point in regard to all work is the question of tire, or fatigue. Any exercise or work that is carried to that point is harmful to both the mother and the child. The poisons of fatigue are car-

ried to the child through the blood and do it a great deal of harm, especially, as far as the nervous system is concerned. This is a point that is often neglected by women in every position of life. The society woman, who continues her social life to the fatigue point, the factory worker, who has to work up to the actual time of delivery, the home maker, who will not let go her household cares till actually forced to by approaching labor, the farmer's wife, who keeps on with the making of butter up to the time that she goes to bed, all of these are not only doing themselves an injury, but also are damaging the nervous system of their child. This fact is being recognized in the case of the woman who has to work to earn her living, but nothing, so far, has been done for the other classes in whom conscience and not necessity drives them, or pride in their work makes them feel that no one can do it quite as well.

It has been shown that the growing child in the uterus has a very definite plan of activity during the twenty-four hours. It evidently is quiet for a while and then it starts moving around and exercising its muscles. This movement is first perceived by the mother when the fetus is four and

a half months old, and gives her a definite date for the birth of the child, for this occurs almost in the middle of the pregnancy, and the mother can expect the end of this part of the child's life in another four and a half or, at the most, five months. The first sensation is that of a young bird or baby chicken, feebly moving inside the closed hand. It is so faint that at first it is mistaken by the mother for the movement of gas in the bowels, but soon it is unmistakable, and, not only can be felt inside, but can be determined by the open hand, laid on the abdominal wall. Still later the movements can be seen, provided the wall is not too thick. These movements are active in proportion to the activity of the mother's mental and physical life, and there is no doubt that the poisons of fatigue play a very important part in their frequency and strength. The periods of sleep and activity are thus determined by the life of the mother, and both are needed in moderation by the growing child. A woman who is continually torpid, who lies around sleeping both day and night and who takes only the exercise necessary for her own care will encourage similarly long periods of sleep in the child to the neglect

of its muscular development, while the other kind of mother, who does not know what it is to rest, has a child within her that is overactive, on the jump all the time and one who does not take, because it is not able, the hours of sleep and relaxation necessary for its healthy development, as far as the nervous system is concerned.

All these things must be considered by the young mother. She cannot live to herself alone, but in every hour of the twenty-four she must consider the health of her young baby within her, for much of the success or failure that he will make in later life is determined by these days which he spends, growing in infant maturity inside the mother.

One of the most important physiological changes in the woman's body is the development of her breasts to prepare them for the very important function of feeding the new born child. In olden times all children had to be fed in this way or die. There are many folk tales of children who were abandoned by their parents and nursed by animals, who cared for them as their own offspring. The tale of the founding of Rome and the "Jungle Stories" by Kipling are

two very good examples of this sympathetic understanding between the female and the baby, no matter what the difference might be in the race of the two.

In this modern time it is becoming harder and harder to have a mother nurse her child, even for a few months. This is due to the desire to avoid responsibility, and also to the unwillingness of the average woman to do anything that will change her body from the standards set by fashion. The corset has disappeared, but the brassiere has done more harm to the breasts than the corset was ever able to do. The craving for the boyish figure has led to a continued pressure of the growing breasts in the young woman, and this constant pressure has led to an atrophy, or shrinking, that has made the proper use of the breasts after childbirth almost impossible. From the period of puberty these facts should be understood, and the clothing of the growing girl should be such as to give the breasts the greatest room for growth. The question of the ability of the mother to nurse her child is often decided years before she is even married. When pregnancy occurs the breasts enlarge, the glands around the nipples develop, the skin

around the nipples changes in color and the nipple becomes more prominent and more sensitive. These changes are late signs of pregnancy. Still later a few drops of a fluid called *colustrum* can be expressed from the nipples. This shows that the birth of the child can soon be expected.

The nipples should be kept clean with ordinary soap and water, but this bathing should be gentle; no undue force should be used to make the nipples more prominent. If they become painful, a gentle use of an antiseptic ointment, like carbolized vaseline, will ease the pain and heal the small cracks that are causing it. While it may be necessary to give the breasts some support, still, this should never be carried to the point of pressure, as restriction will do more than anything to prevent the proper flow of milk. The mental condition of the mother has a great deal to do with the possibility of her satisfactorily nursing her child. If she looks forward to this part of her life with pleasure and feels positive that it will be a pleasure and a great joy, she will make a much better nursing mother than if she secretly does not want to raise the child at the breast and only plans to nurse it because the family opinion forces her to do so.

She will find that her emotions have a very important influence on the question of her milk supply. If she doubts this, let her ask any dairyman who is making his living by caring for a large number of highly bred nervous cows. He will say that one brutal, loud talking foreman will, in a few days, cut down the milk supply by half, whereas, a foreman who is able to keep these same cows in a state of calm and placidness, will increase the milk supply. Some dairymen have even put in victrolas in the barn, having found that music at the milking time makes the cows easier to milk and increases the average amount. If this is true of cows, how much more true it must be of women!

When the actual nursing of the child is begun, the greatest effort should be made to insure cleanliness of the nipples and of the child's mouth. The nipples should be washed before and after each feeding with a weak solution of boracic acid and the baby's mouth should also be washed frequently with boiled water and occasionally with a very weak antiseptic solution, which will be prescribed by the physician in charge of the case. The proper care of the breasts and the greatest cleanliness possible will prevent

abcesses of the breasts, which is one of the painful and serious complications of childbirth, and frequently add to the trials and expenses of this period.

There are changes in the blood supply and distribution during pregnancy. The woman's weight increases over twenty pounds, and a great deal of this is in the lower abdomen, caused by the growth of the uterus and the child. This large mass, growing for the first time in the lower body, causes considerable pressure on the large pelvic veins, and if the woman has a congenital weakness of the large veins in her limbs, these often enlarge till they show plainly under the skin. They are called varicose veins. Frequent periods of rest, the absolute avoidance of constipation and an occasional relaxation on the back, with the feet supported so they are at a higher level than the rest of the body, will do much to prevent this. But if the veins keep on enlarging, it may be necessary to stay in bed or wear elastic stockings or bandages. The condition should be prevented as much as possible, since often it leads to a much more serious condition, known as milk leg, after the birth of the baby.

There is one more word of caution in

regard to this period in the life of a young woman before the birth of her child. It is a normal time and a normal occurrence and there is no need of extra stimulants or tonics. There are on sale throughout the country a large number of patent medicines which are specially advertised as being very necessary for the health of the pregnant woman. In fact, if the printed matter on these medicines can be believed, it is absolutely impossible for a woman to give birth to a child unless she is constantly taking medicine. That statement is positively false. The only medicine that a healthy woman needs is lots of sunshine, fresh air, good food, pure water and healthful sleep.

If she needs medicine, she should obtain it from a physician. There may be conditions in which some drug will do good, but the doctor is the one to tell her what it is and not the druggist or the man who keeps the country grocery store. A routine visit to the physician is as necessary as a regular visit to the dentist. It should be considered dangerous to take any drug or patent medicine without the advice of a physician.

There is another reason why the average patent medicine is dangerous, that is, on account of the large per cent of alcohol that

it contains. A woman who takes several bottles a week of such so called medicine is always putting into her system a small but certain amount of alcohol, which goes into the circulating blood of the unborn child, just as all other substances in the mother's system. She may never take enough to make her drunk, but she will, in the course of the pregnancy, take more than enough to damage her child. The effect of this is hard to estimate, but it is the general opinion of the specialists in nervous and mental disease that it has a profound influence for harm on the unborn child and that many conditions in adult life can be traced to that cause.

In the cities with the numerous clinics and visiting nurses there is no excuse for patent medicine, and in the country districts there is always a reputable physician who will advise a woman if she visits him and tells him her need for advice and help. There is no profession in the world that will do more for needful womanhood than the medical one.

CHAPTER THREE

Recreation and Amusements

It is very necessary for the young woman, who is about to become a mother, to keep her mind occupied and in a healthy condition, as well as her body. It has been plainly shown that every thing that influences the mother's body likewise influences the health and development of the little body of the child, and this fact is also true of the mental development. There is a good deal of difference of opinion concerning maternal impression. The ultra scientists say rather plainly that all of the influences for good or bad are in the ovum when it is cast forth from the ovary and in the sperm cell when it is expelled from the man's testicle. But there are still some people who believe that the mental condition of the mother has an influence over the nervous system of the baby. If the new ideas concerning the internal secretions of different glands in the human body are anywhere near correct, then it must be believed that all of the mother's emotions, such as pain, anger, fear, sorrow, depression and anxiety, also are transmitted to

the baby through the circulation of blood in the uterus.

Even though it cannot be proven to be an absolute fact, it would be a fine plan for the young mother to remember that she can do nothing with her mind but that would directly influence the future personality of her unborn child. It would make her feel a direct responsibility to her baby and make a closer contact possible than if she were told that she were only some kind of human machinery whose only purpose was to furnish protection and pump nourishment to a child living in her body. If she believed she was also placing there ideas and character and definite opinions of right and wrong, it would certainly help her to live a better, sweeter, more placid life, and there is no good reason to doubt that it would also be of benefit to the child.

So, she should plan at least a part of every day so it could be spent in mental relaxation and recreation. If this is spent in only calmly sitting in an easy chair and looking at the sunset, then that will be worth while. It may be impossible for her to have this time for relaxation without aid from the family and this should be

given her freely and cheerfully. These extra minutes of quiet out of every day may make the difference between success and failure when it comes to the greatest crisis that can take place in the life of a woman.

Every person makes energy and spends it. If each day people spend a little more than they make, they soon become bankrupt and end as pitiful cases of physical and nervous exhaustion. When they come to the big events of life, which need every bit of energy possible to win the battle, they have no reserve force and fail. That is the case with the young woman who is going to become a mother. There will come a day or two when she will have to give birth to a child, and then will come some weeks in bed. After that, there will be at least a year or longer of broken sleep. There will never be a night in which she can sleep till morning. Her days will be busy, especially if she does her full duty to this new visitor. It has been estimated that it takes a mother about six hours a day to properly care for an infant. That leaves only eighteen hours to do all the things she previously spent twenty-four on.

The time before the baby is born is a

time of comparative vacation. No matter how busy she is she will be much more occupied the year or two after the baby is born. She will need all the energy that she can make and she will need a lot more; that extra energy must be placed in reserve during the year of preparation. If there is no reserve, the mother may go through the first year and the second and do her full duty to the baby and her husband and her home, but she will not do anything for herself, and the passing months will find her growing more and more of a nervous wreck. This fact must be understood, not only by the woman, but also by her husband. The rest must be taken and the energy accumulated.

This does not mean that she is to sit calmly with folded hands and closed eyes and think of absolutely nothing. Such a course would have a very different effect on the average woman than is desired. But there should be a time set aside each day which belongs to the woman, to do with, absolutely as she pleases, an hour or two in which no duty calls her except the duty to calmly enjoy herself and follow any whim of her desire. If she wants to play golf during this time, it will do just as well as

swinging in a hammock. What is being accumulated is not physical but nervous energy. Still it would be better to leave the golf course till later years, for the physical strength is of importance also.

Among the recreations for these hours of personal relaxation can be included sports of a certain kind, but here again judgment and moderation must be the deciding factors. It is not a good idea to over-develop the muscular system, nor is it wise to take any exercise to the point of fatigue. It makes no difference whether a woman becomes dead tired from house cleaning or equally tired from playing golf; the poisons that fill her body are the same in each case, and have an equally harmful influence on the child. Croquet will be better than tennis and a little quiet reading than a long automobile ride. There are a certain fatigue and nervous exhaustion from automobiling at fifty miles an hour that work a very definite harm, which would be lacking if the speed were lessened and the distance diminished. When everyone spends his leisure on four rubber wheels, this statement will be scoffed at, but it is believed that two or three generations of such violent relaxations will cause

rather definite changes in the nervous system of the human race. Even now, leading specialists claim that many cases of insanity are produced because the average nervous system cannot stand the strain of our speed-crazed civilization. They have in mind the social life of our great cities and the increasing difficulty to provide for the comforts of life save by a constant and unending effort. To this list should be added the most popular form of spending the leisure hours of the week, namely, going somewhere as fast as possible in an automobile, and then turning around and trying to come back faster.

One of the best forms of relaxation and amusement for the pregnant woman is literature. It is always accessible and it is always cheap. There never was a time when good literature could be secured as such a low cost. The world's best literature can be had for the cost of a soda or a cigar. In almost every town there is a library, and where there is none, there is always some booklover who is willing and anxious to lend his books to anyone who is really hungry for the best in literature.

All kinds of wholesome literature would be worth while reading, but it would be

well worth while to add to the home library at this time a few books on nursing and child training. The mother must never forget that for at least six years after the birth of the child she will be his only teacher and nurse, unless the father is a very exceptional man. It would be well to train herself during these hours of relaxation for the serious work in store for her, and the family will be healthier and more comfortable in every way in direct proportion to her skill as a nurse and a teacher. There are a number of very excellent books on these subjects, which the family doctor will be pleased to advise the prospective mother in the selection of. Most of these books cost several dollars each, but it is believed that the time will come when excellent books on these subjects will be sold for ten cents, for it is becoming more and more evident that one of the best ways to advance the health and happiness of the people is to give them an opportunity of self-education at a moderate cost.

The modern moving picture may well be considered a source of simple recreation to the pregnant woman. Even when the condition is far advanced she can still indulge

in it, for the dimly lighted hall gives a privacy that would not be given in the concert room or theater. The programme is varied and the spice of comedy with travelogue and a six reel picture give a pleasant entertainment in less than two hours. It might be well for the woman's husband to have a slight idea as to what the programme is before taking his wife, as some of the scenes are gruesome, even though artistic. In the future there may be, in the larger centers, special programmes put on once a week for women in which special attention will be paid to the nervous systems of young mothers, but up to the present time this scheme has probably not even been thought of.

Conversation is becoming a lost art as is letter writing. Both would serve well to pass the hours set aside for relaxation, provided the friend who did the talking was an expert, and also provided that the letters written were not duty letters. Nothing is harder than to listen to a tiresome talker, if, in addition, she be one of those old ladies who delights in visiting prospective mothers and talking by the hour about all the unfortunate labor cases

she has ever heard of. These old ladies are rather well known in every community, and when they come it would be far better for the young wife to refuse to see them than to be filled with tales of the dreadful horrors of child-birth.

Sewing can be used to fill these hours of relaxation. That does not mean some hours daily at the machine, doing the necessary work of the household, but rather a little fancy work, to be picked up and put down as the desire demands. Here is the chance to combine the hours of rest with a little love, and sew by hand a few garments for the future baby.

All through this programme of entertainment and amusement the husband plays a very important part. For a number of months he may be the only man whom the wife sees. He should consider it a pleasant duty to spend his spare hours with his wife, and should exert himself in every way to share her work and pleasures while he is at home. While she is idly sewing, he can read to her, and if he reads a book on the care of the baby, it might be worth his while to at least ask himself what part he has, if any, in that care.

The part of the father in regard to the baby and the family has been seriously neglected in the past. The average father is as indifferent as he is because no one has ever tried to educate him in his responsibilities. A serious book on, "The Care of the Baby by the Father," might meet with a far better reception than would appear at first thought. If a thousand young husbands in a small city could be persuaded to read aloud one book a week to their young wives who were expecting babies, and those weekly books could be selected by a book lover and a physician, what a remarkable change would take place in the social life of that center. A very interesting book guide could be prepared for this purpose.

Unfortunately, the average man cannot see his duty in this light. To him the pregnancy of his wife is a purely feminine responsibility, and he feels that he has done well by her if he supplies her with necessary funds.

CHAPTER FOUR

Preparing for the Baby

If a young woman has a home and invites a guest to come and visit her, she makes as elaborate preparations for her reception and comfort as her finances will permit. She considers that it would hardly be the proper thing to wait till the day of the arrival and then make a few hurried changes in the arrangement of the house.

Consider the baby as a guest. It is going to come to the home, not of its own volition, but because it has been invited, in such a way that it could not refuse, to come and be a member of the family. The approximate date of its arrival is known. If any other guest were invited under similar circumstances, every necessary arrangement would be made for his comfort. Why not treat the baby with as much courtesy?

The first thing that the baby will need is clothing. In past years these were very elaborate and expensive, with yards of lace and miles of hand sewing. Now the tendency is toward simplicity, for it is recognized that all that the baby needs is comfortable well fitting, warm garments, and

enough of them so that he can always be kept clean and dry. The great need is for every possible moment to be saved for the mother. Even the ironing of several garments a day takes time, and some day a genius will invent a material that will be soft and warm enough for a baby to wear and yet will dry to a pretty finish without the necessity of ironing it.

The young wife wants to know what she needs. The first thing is for her to get the necessities, and after that the luxuries can follow. She should remember that the first lot of clothes will only last about six months and then will be outgrown and put aside. She should also remember that the baby will receive as presents from relatives an abundance of shoes, stockings, knit jackets and playthings. One young woman received so many little shoes that she despairingly told her husband that her friends must have thought she had given birth to a centipede instead of a baby.

Briefly stated, here is a list of necessary clothing, which may be changed according to the local custom and the climate.

Flannel binders	3
Knitted bands	4

Diapers of several sizes, doz..... 4
Shirts, woolen and cotton..... 4
Petticoats, flannel and cambric..... 6
Slips 6
Socks (usually will be presented) pair 3
Nightgowns 4
Blankets 4
Cloak 1
Veils 2
Shawls 2

These should all be prepared and put in a special drawer. In the same bureau drawer a basket should be placed, which is known as the baby basket. In it should be placed the following articles, which will be needed for the baby's first bath and early weeks of life:

Small package of antiseptic cotton.
Blunt pointed scissors.
Several dozen safety pins of assorted sizes.
Baby's brush and comb.
Powder box with powder and powder puff.
Soap in a celluloid soap box.
A fine sponge and a very soft, small wash-cloth.

A tube of vaseline.
A soft blanket.
Several soft towels.
A complete suit of clothes.

All this need not be expensive. The five and ten-cent chain stores carry most of the things named, and at a lower price than they can be bought elsewhere. It would be an extremely interesting act for the husband to take the list and buy the articles himself. It would make the entire performance of having a baby seem more real and intimate to him. He would have a better insight into the business of being a real father. Anybody can hand over the money to his wife and tell her to buy what she needs, but it takes a real man to go and buy the things himself.

In a recent book a prominent sociologist states that a woman should refuse to have a baby unless she is able to give that baby a room to himself. In many ways he is absolutely correct, as even at the earliest age a child does a great deal better if it has privacy, especially at night. During the daytime he will want to be with the adults of the family, and this desire will grow stronger as he grows older, but when he

sleeps in the daytime and when he is put to bed at night he thrives a great deal better in a separate room than if he were in a room with his parents. The room can be kept quieter and the ventilation and temperature and lighting can be arranged for him alone.

The nursery should be so situated that it has plenty of sunlight and fresh air without draughts. There should be at least fifteen hundred cubic feet of air space. A thermometer should be kept in the room and the room should always be at about sixty-eight to seventy degrees. The floor should be smooth and well oiled and covered with a few old rugs or strips of carpet. The furniture should consist of a plain rocking chair and a nursery chair, with a hole in the seat, in which the child should be placed when necessary, and this should be used for no other purpose. The crib should be large enough so it can be used for at least four years and it should have a hard mattress with several soft pads. If a quilted pad and several diapers are placed under the child, the original mattress can be used for a long time without being soiled. A baby bathtub may be kept in the nursery, but the average mother will find

it more convenient to use the bathroom for bathing purposes, unless the nursery can be fitted out with complete toilet and running water. At night the nursery can be kept at a temperature of sixty. A dim electric light can be used, but, as soon as possible, the child should be trained to sleep in the dark.

For the first few months of the child's life, the mother will find an ordinary clothes basket a very good substitute for an expensive crib. A pillow can be placed at the bottom for a mattress and the sides are easily padded. The husband can easily make a small, low table for this basket to be placed on, so that the top of the basket will be the same height as the mother's bed.

For the first two weeks, while the mother is in bed, it would be well for the baby to be kept in the same room with her, but after that it would be better to have the child use its own room.

It is an excellent idea to arrange a simple shelf in the bathroom to wash the baby on during the early months of its life. This shelf can be adjusted to the height of the mother so she can handle anything on it without stooping over and straining her

back. The best size for it is eighteen by thirty-six inches. This can be hinged at the wall with a swinging bracket for a support so it can be folded down against the wall when not in actual use. Above this and to one side can be a small towel rack, and if the bathroom is not well heated, a small gas or oil stove can be placed on the floor under the shelf. Such an arrangement has been found excellent for washing and changing the baby instead of doing this on the mother's lap, as is usually the method used. If a turkish towel is spread over the shelf and the small stove started underneath, it will be found a very convenient place to dry the baby wash on wet days, when it is impossible to do so outside the house.

One of the most important preparations for this guest is to learn to care for him. Every young woman should become thoroughly used to the routine care of a baby before she has one of her own, and the only way that she can learn to do this is by actually doing it. A short course in a hospital would be a fine thing, but it would be far better to learn this lesson in a private home. There are always lots of babies in every part of the country, and with these

babies are an equal number of mothers, most of whom are rather tired, and some are poor. For a reward of a few leisure hours or some actual cash, they would be glad to first teach the expectant mother how to care for a baby and then turn over the baby to the student for some hours every day. After twenty-five or thirty hours, the young woman would learn the simpler tasks, such as the routine washing and nursing and changing of a baby, and the task of learning to care for her own child would be greatly simplified. By reading several baby books, she could increase the value of this practical instruction.

The young man and his wife should remember that all these preparations can be made without a great cost, and when it is remembered that they have seven or eight months to provide everything that is necessary, it is really astonishing how often nothing whatever is done. They have the same amount of time in which to save the money to pay the doctor and the nurse and the hospital bill. By consulting their family physician, they can obtain a very fair idea of what the entire expense will be, and while at times it may be rather large, it can, when necessity demands it, be kept to

a very small sum. In the cities, unless charity is accepted from beginning to end, the expense of bringing a baby into the home is growing too large and out of proportion to the actual event. The rich man can pay this cost and the poor man can arrange matters so that it does not cost anything, but the man who has a white collar job will find it almost as expensive as a small automobile. He and his wife may have to decide between a baby and a car. In fact, it seems that this is the very thing that many men and their wives are doing, and in most instances the car wins the decision.

After a nursery has been arranged for, some simple furniture secured, the necessary clothing and supplies purchased or made and the education in baby care added to the mental life of the mother, and she can take a few days of rest, content in the fact that, no matter when the child is born, everything that love and intelligence can do to prepare for the welcomed guest has been arranged for.

The phrase, welcomed guest, is used with the hope that it will be true in every case. It would be a shame, after inviting the little one, to show it in any way that it was not welcomed. In every way possible

it should be constantly surrounded by an atmosphere of love and affection, and this means intelligent care and faithful service and careful training—for how long? Possibly for twenty years and then it may be for fifty, for, no matter how fast the child grows, the parents grow a little more in the wisdom, learned in the bitter school of experience, and they will always be able to teach their child something and will always feel the responsibility and need of doing so.

CHAPTER FIVE
Preparations for Confinement

For thousands of years there was only one place for the woman to be confined and that was in or very near her home. The primitive woman often left the hut and the cave and went alone to the woods, but at the first dawn of what we call civilization she began to stay in the home and was attended there by the midwife and later by the doctor or barber-surgeon. It has only been in recent years, since the development of standardization in every branch of human life, that it has been thought advisable and almost necessary to go to a hospital for the confinement and the two weeks of convalescence after.

No doubt such a plan has its advantages, especially for the very poor. It offers a thoroughly clean room for the delivery, an abundance of all instruments and supplies to take care of all emergencies, the constant attendance of trained nurses, and a twenty-four hour attention to the baby, usually in a nursery, so the mother can have uninterrupted rest except when nursing the baby. The medical profession is

very enthusiastic over hospital care, the graduate nurses almost refuse to take a confinement case outside of a hospital, and the pregnant woman is advised on all sides that the only sensible place to have the child born is in a hospital instead of a house. Even the father is led to believe this, as it is hinted to him that if the two weeks are spent in a hospital, all that will be expected of him will be a daily visit with flowers and ice cream—while he is warned that if the attempt is made to care for the wife at home, very different things will be expected of him.

Everything that is being said in favor of a hospital confinement is true—but there is one fact against it, and this may simply be a little point of useless sentimentality. The child is not born in a home. There has been a mistake somewhere, for this child was invited to come and live in a home, and now it is in a nursery with a dozen other children and the mother far away in a room, either with a lot of other mothers or by herself. It is no wonder that the little things cry so much of their time. Perhaps part of their grief is caused from pure disappointment as well as occasional colic!

While hospital delivery is very fine in

some respects, there are thousands of women who are absolutely unable to have such a service at the time of their confinement. Living in remote parts of the nation, perhaps twenty miles away from even the smallest town, they are forced to do what women have done for centuries, and give birth to their babies at home, with a doctor or midwife to care for them, instead of a specialist, and a grandmother or practical nurse to look after them while they are in, regaining their strength after the delivery. As they cannot go to the hospital, is it possible to bring some of the advantages of the hospital to them?

Almost every house has a spare room somewhere which is not used all the time, and this can be prepared for a delivery room. Everything should be taken out of this room, all the carpets off the floor, the wall paper scraped off the walls if they are papered. Then the woodwork of the entire room should be housecleaned and the room closed and fumigated with sulphur. The druggist or physician will be able to tell how to use it and how much to use. When the room is opened, it should be aired and then all the woodwork painted, the floor oiled or varnished and the plaster walls whitewashed or calcamined. This pre-

paration leaves a room that is free from all germs, a very important thing to be sure of, as some germs stay alive for years in the dust of a room.

In this room should be placed a single bed, with the mattress three feet off the floor. However, any kind of a bed, even a cot will do, but it should have hard springs and a hard mattress. A piece of oilcloth over the mattress will protect it, then the bed can be made in the usual manner. Two chairs, a washstand or table, with a large wash basin, another table for the doctor's instruments, some kind of heat provided for if the confinement is to take place in winter time, several galvanized buckets—and the baby basket, and nothing else. The room should again be closed and disinfected with sulphur or formaline and not opened till some hours before the birth of the child takes place.

In such a room the doctor, no matter how isolated he is, will have the confidence of knowing that the delivery will take place under as good antisepsis as he would have in any hospital. The cost will be small and the labor can all be done by the family. The room will be used only for a few hours before, during and after the actual deliv-

ery, but during those few hours the surroundings will be such as to absolutely protect the health and even life of the young mother.

If the delivery is to be at home, a nurse should be engaged and, if possible, should be in the home several days before the confinement takes place. She should be a graduate nurse if one can be afforded, but if this is beyond the ability of the husband, then an experienced practical nurse, who comes well recommended by the doctor, will do very well. If there are other women in the family, a nurse can be dispensed with, but it is always best to have extra help at this time, and if a sister or mother is going to do the nursing, then a woman should be hired to take her place in the house and the kitchen. The first two weeks of the baby's life in the home are rather hard on everyone. After that the home becomes adjusted to the baby and the baby to the home.

The young mother, now that everything is ready in the home for the actual confinement, should have an approximate idea of when labor is to begin. She can tell this, partly from the time she first felt life and from the calculation that she has made from the time of the last menstruation.

For several months she has noticed a marked increase in the size of her abdomen and has been able to feel that the top of the uterus is well above the navel. Then, after some weeks of distress, caused by this large mass, she will experience a feeling of relief, and will see that her abdomen is smaller. This change is caused by the sinking of the uterus into the pelvis and is called lightening. As this condition occurs from fourteen to twenty days before the actual birth, it is a sign of some importance. The first definite sign, however, that labor has begun will be the onset of colic-like labor pains, lasting about fifteen to forty-five seconds with an interval of many minutes in between. Sometimes these pains are false instead of true and stop in a few hours. If they continue and are accompanied by a bloody discharge from the birth canal, then it is time to notify the doctor who has been engaged for the confinement. The child may not be born for another forty-eight hours, but he should know that labor has begun so that he can arrange his affairs and make a preliminary visit.

He will have in his obstetrical bag almost everything that is needed. But if the young mother wants to be sure of having every-

thing and not depend on the doctor, she can have the following articles in readiness, hand towels, one-half pound of ether, two ounces of brandy or whiskey, bichloride tablets, a skein of braided silk, fountain syringe, bedpan, carbolized gauze, a can of powdered boracic acid, a piece of unbleached muslin, two yards by eighteen inches, carbolized vaseline, safety pins, and a small bottle of fluid extract of ergot.

If these preparations are made in the home, then the wife will be as well cared for as she would be in a hospital. Of course, if she has serious complications, it will make matters more difficult for the doctor, but, no matter what happens, the doctor has the confidence that comes from the knowledge that he is working with a clean patient in a clean room.

None of these preparations are necessary if the patient goes to a hospital except to provide for the baby clothes and thoroughly add to the reserve funds in the bank. The room is engaged, the doctor kept informed as to the general health of the woman and the superintendent of nurses asked to have a nurse engaged. As soon as it seems that labor has begun, the nurse should be notified and the young woman taken from her

home to her bed and room in the hospital. These preparations are much less trouble than preparing for delivery in the home, but will probably be seven to ten times more expensive.

At present it appears that the hospital delivery is growing in favor and that no one stays at home if a hospital is at all convenient or near. With the automobile in almost every family, it is possible for a woman to travel fifty or even a hundred miles for her delivery. It may be that in the future a law will be passed providing for universal hospital service at the time of delivery. In years to come there may be no more homes, yet, while we still have homes, it seems a pity not to use them to welcome the baby.

CHAPTER SIX

The Birth of the Baby

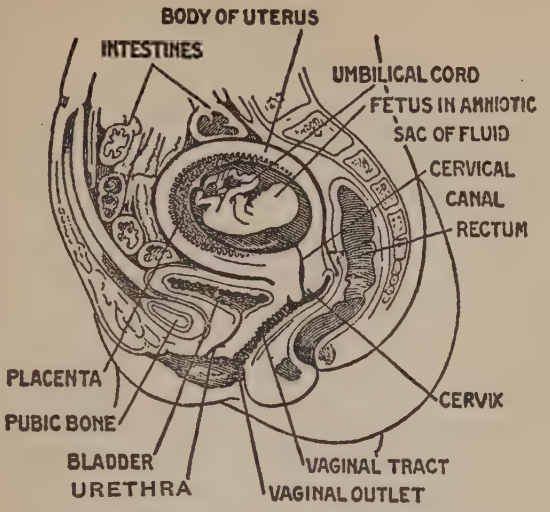
The uterus expands, to a certain extent, and then it refuses to enlarge any more. It tries to contract to its former size, but, in order to do this, it is necessary to empty its cavity of both the baby and the structures that have developed with the baby. It is unnecessary for the mother to know all the details or how the child has grown in her body or of just how the nervous system and muscles of the body work together to produce the birth of the baby. All that she should know is that the uterus contracts and by this contraction forces the child through the opening of the uterus (called the *cervix*) into the lower birth canal or vagina, and finally through this canal into the outer world. These contractions of the uterus are called pains, and because the process of birth has been called labor, the contractions are called labor pains.

In the uterus the child has been growing in a sack of membranes and has been protected from friction and injury by a fluid in the sack, called the water, or *amniotic fluid.* In a way, the child swims around in this water, connected with the mother only

through the umbilical cord, which runs from the abdominal wall of the child to the wall of the uterus, where it joins a fleshy and blood-filled mass, called the *placenta*. It is through the placenta and the cord that the baby receives the nourishment which enables it to grow.

When the uterus begins to contract in true labor pains some of the amniotic fluid is pressed down into the opening of the uterus and thus forms what is called the bag of water. The longer this keeps from breaking, the easier the confinement is, as it furnishes a much gentler force to open the uterus than the hard head of the child. For this reason, the woman should try to keep quiet during the first part of labor.

After this membrane breaks, the amniotic fluid begins to leak out of the birth canal, the head becomes engaged in the pelvis, and real labor begins. By this time, or before this, the doctor and nurse are in attendance and will give the necessary instructions to the anxious mother. After some hours of intermittent pains, which last for a longer period and are nearer together, the head finally enters the vagina, and by the aid of a few hard pains the child is born. As soon as the head is born



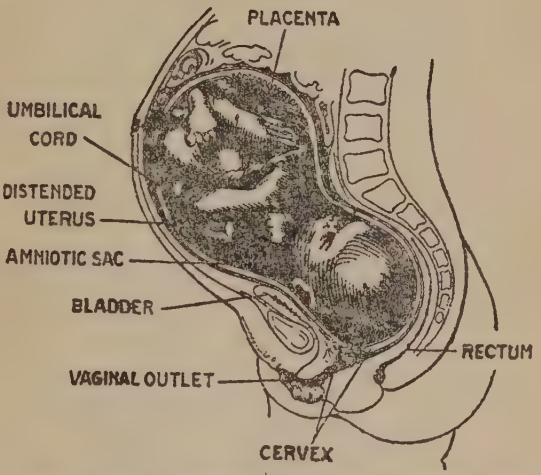
This illustration shows an early stage in the development of the human embryo. Notice that the fetus is enclosed within a sac of fluid called the amniotic fluid. The fetus is connected with its maternal parent by means of the umbilical cord and placenta. Through this connection, the blood of the infant is oxygenated and food products, necessary for the development of the offspring are carried to it. Maternal blood does not form of the blood of the offspring. A good simile is to liken the child to the roots of a tree, and then invert the three in a body of water. There is no more direct connection between the roots and the body of water than there is in a human embryo and the mother. It is evident here that the water could not flow through the leaves and twigs into the roots, although osmodically, there could be an interchange of products.

the baby begins to breathe and may give a cry, but this cry is usually delayed till the entire child is delivered from the birth canal.

Although the baby is now born, it is still connected with the mother by the *umbilical cord,* and this connection is allowed to remain for a few minutes, in order to permit all the blood possible to pass from the placenta into the baby's body. If the cord is felt between the fingers, the pulsation of the blood vessels can be felt just as the pulse at the wrist of an adult. When this pulsation becomes weak, the cord is tied in two places near the child's abdomen and then cut. The baby is now a distinct personality and an individual unit in society.

After waiting a short time, the doctor assists the uterus to expel the placenta, membranes and cord, and this occurrence is called the *afterbirth.* At times, the baby is born with some of the membrane over the face, and it is then said to be born with a veil or a caul, and will be very wise when it becomes an adult.

With the delivery of the afterbirth, labor is at an end and the mother takes her well deserved rest. The pain is soon forgotten



This shows a pregnancy on the late stage practically ready for the child's delivery. It will be observed that the external opening of the uterus is being distended gradually by water pressure. This phenomenon is only one of the multiplicity of wonders of nature. The water under pressure gradually and steadily widens the breach between the muscular walls.

in the joy of knowing that the child is alive and well. A binder is put around the woman's body, with a pad under it, to take the place of the baby and help restore the abdominal circulation. Thoroughly comfortable for the first time in several months, the young mother is taken from the delivery room to her own bedroom and put to bed there.

The baby, after being made to cry lustily, is oiled and washed. A sterile dressing is put on the stump of the cord, and he is rolled up in a blanket. Up to this time, there has been no other pronoun possible than "it", but the first question that the mother asks is, "What is it?" and from that time the baby is no longer "it" but he or she. The name has probably already been selected, and in such a case the baby is John or Mary. Thus the baby is born. A large book could be written, telling about the process, but all this information is unnecessary for the mother to know and might even cause her unnecessary alarm. What has been told here is simply with the purpose of giving her an intelligent idea of what really happens during confinement and what her part is in it.

CHAPTER SEVEN

The Little Baby

The baby is born, silent and blue. His attitude is one of surprise at having to leave the warm, comfortable place that has been a secure home for him all these months. Without waiting to determine the sex, the doctor picks him up by grasping the two ankles with one hand. Then a smart pat is given the buttocks and at once, as a usual thing, the baby gives a sharp cry, takes a deep breath and another cry and starts to breathe deeply. Now begins one of these automatic functions of the body, the respiration that, with the beating of the heart, will continue till death. Even as the first deep breath is looked upon as positive proof that life has really begun in the baby, so is the last short gasp proof that life has ended for the old man. Thus the breath has been looked upon as life itself, and in all folk lore the taking of a person's breath is equivalent to robbing him of his soul.

The child cries lustily and the mother, who has watched the spanking out of one corner of her eyes, is relieved to hear that

sound. If it is a boy, the cry can be interpreted as a protest against the harsh treatment, while, if it is a girl, it is probably a sign of delight at the newly gained power of making herself heard in the world, a power that she will use frequently up to the day of her death.

The baby is finally wrapped up in a blanket and put in the baby basket near a hot water bottle. The mother is carried back to her bed and does not see the child again till he is washed and dressed in all the finery of the first costume. Then he is carried to the new mother and put in her arms. She thinks that he is a mighty fine baby and we trust that all the relatives agree with her.

Not till she sees the baby have a bath will she have much of an idea of what her son (or daughter) really looks like. She will then see a little plump body, covered with a fine down and rather beautiful pink in color. He will be about twenty inches long and weigh in the neighborhood of seven pounds. The head and abdomen will seem large in proportion to the limbs, hips and shoulders. The eyes will be dark blue and the hair light, though occasionally a

baby is born with black or red hair. If a boy, he will be the exact image of his father, while a girl will always resemble the mother; at least, that is what everybody will say to the pleased parents. The old doctor, who has forgotten just how many times he has attended a birthday party, will grin and say that it just looks like a baby to him.

At this time of life the baby does not know much, but what he does know he knows well and does not have to be taught. He knows that if anything unpleasant enters his consciousness, he has to cry as loud as he can. That is a protective instinct, children have done that for ages, and when the parents heard that cry, they ran to the baby to see what was the matter. In these days, the baby cries because it is hungry or soiled or has a pin in its body, but in olden times the cause of the cry might be a large insect trying to bite it or even a wolf smelling it, preparatory to carrying it off. Only the babies that cried loud and often were able to survive to adult life and have babies of their own; so, this instinct to cry is a powerful and a valuable one. The mother soon tunes herself in on this

new vibration and becomes able to hear her baby cry when no other member of the family can hear a sound.

Another instinct is the sucking one, or the ability to nurse. As soon as the nipple is put into the baby's mouth, he takes a few weak sucks, but in a few minutes is sucking vigorously, and from that time on has no difficulty in securing the breast milk if there is any there to secure. This instinct to nurse is a common property of all mammalias, and it is only by the transmission of this instinct from one generation to the next that all of this form of life has been able to survive. The human breast has gradually lost its former one hundred per cent efficiency, but the child has retained its ability to suck (and thus keep the race alive), even though it is a rubber nipple instead of a human one that is given to it for nourishment. He has a hard time to stop sucking and begin to chew; for a long time when a spoonful of food is put into his mouth he sucks it out of the spoon and tries to eat it with a sucking motion rather than chew it with the gums and then swallow it. Even as a man, he may begin to hold a pipe or cigar in his mouth all the time, whether he is smoking

or not. These men can always be recognized as men that in many ways have not fully passed out of the infantile stage of life and have still retained the desire to suck, even though that desire is very much in the unconscious. They would be greatly insulted if the real meaning of their habit were explained to them, as they consider pipe smoking or the constant holding of a cigar in their mouth a very manly thing.

Yet a third instinct is the holding one. If a lead pencil is put against the palm of the hand, the fingers and thumb will fasten on it and hold it and it will require considerable force to pull it away from the baby grip. If a stick is held so the baby can grasp it with both hands, he will hold so strongly and so tightly that he can be lifted off the bed. A long time ago the mother had to use both arms and legs in climbing out of danger and at that time the little one had to hold on as best it could to the hair on its mother's body. The babies that were the best holders lived to grow up, while the little weaklings, who could not hold at all, dropped off in times of great peril and made a very satisfactory meal for a tiger. Thus, this holding instinct has developed and is still retained

although today it is not needed, and the child would find no hair to hold on to if he tried to do so. But it still remains, as the habit of the dog turning around three times before he goes to sleep.

The first stool is almost black in color and is called the *meconium*. The stools do not become yellow till the milk supply is established. For several days the breast will discharge a thin, yellowish fluid, called *colostrum*. This has some nourishment in it, but the chief benefit that the child will derive from it is the laxative effect. The physician and nurse do not feel fully at ease till the first stool and the first passage of urine. When this has happened and the milk supply is established on the third day, the guardians of the child's welfare feel that all is well and that if the child has the best of care, it will grow into adult life. Even with poor care, it is apt to survive, as the little baby is just naturally tough and a hard fighter for life. If he were not, only a few of the babies would survive.

CHAPTER EIGHT

The First Two Weeks

If the advisers of the young mother are wise, they will insist that she stay in bed for the first two weeks. These are very important days and mean a lot to her future health and happiness. She is adjusting herself to an entirely new biological function, the providing of breast milk for the baby, and, at the same time, her uterus is shrinking to its normal size. There is a complete change in the position of the abdominal organs, and her lungs, heart, kidneys and liver are all trying to become able to perform the new duties required of them. The organs that change the food into nourishment for the body now have to supply the breasts with material for them to convert into milk; the kidneys have to throw off additional waste products, and the uterus must shed all of its old lining and practically grow a new inside skin. It will be six or eight weeks before the womb becomes normal, and during that time its position and health will be largely influenced by the care that the woman is able to take of herself.

These two weeks of rest in bed should

be, as far as can be arranged, a period of complete rest. The mother should be made to feel that all that she has to do is to recover her strength and nurse the baby, and that all the housework will be well cared for in her absence from the kitchen and her separation from the broom and cookstove. An atmosphere of peace and quiet should fill her room, and if the baby cries, as all babies do at times just to hear themselves or for some reason no one has ever discovered, he should be taken to some other part of the house so that the mother will not worry about him.

The visitors should be cheerful and the visits short. It is just as important to avoid mental tire as it is to secure complete physical rest. There should be long periods of sleep, and, if the mind is active, a pleasant book can be read to her by the nurse. The husband can be useful here by furnishing entertainment to his wife after supper; the daily gossip and extracts from the evening paper will keep the wife entertained and in touch with the events in her little world.

During this period a daily bath is very necessary. The skin is unusually active in

its efforts to assist the kidneys. The bath not only cleanses, but also stimulates the skin and serves as a tonic to the entire body, and not only a tonic, but also a sedative, for, when the young mother is tired of the bed, nothing will rest her so much and put her to sleep as a good bath and an alcohol rub. Her finger-nails, hair and teeth should be given the most careful attention, so that when she finally does leave the bed she will be in the best possible condition for her new life.

For a while she will have to wear an abdominal binder, but she should not have an idea that she must lie perfectly quiet and not move. That was the old idea, but it is now known that the best thing to do is to move freely around the bed and change from one position to another. This movement allows the ligaments of the uterus to become stronger and aids in the shrinking of that organ to its normal size. During the first profuse flow of milk, it may also be necessary to wear a breast binder, but this should be removed as soon as the breasts have assumed their normal size and function for the period of *lactation.*

During these two weeks the best of care

should be taken of the nipples, not only to assure a size and shape that would be easy for the baby to nurse, but also to avoid the pain caused by the appearance of cracks and fissures in the skin. They should be washed gently with boracic acid solution and then with warm water before each nursing, and after nursing they can be washed with alcohol and alum in order to harden the skin. The mother should keep on remembering that her mental attitude will help her in nursing and that her determination to feed her baby in the natural way is half the battle. During these two weeks the child will be put to the breast ten times in the twenty-four hours, an attempt being made to establish a definite time for nursing, but it must be remembered in the making of any plan that the program must be adjusted to the baby and not the baby to the program. There is no use in leaving a child to cry from hunger because it lacks thirty minutes of the time to feed him, and nothing is more wrong than to wake him from sound sleep so that he can be nursed.

Following the birth of the baby, there is a tendency of the mother to constipation. This can be avoided and corrected by the

use of enemas, glycerine suppositories and mild laxatives, like castor oil. Nothing in the way of strong purgatives should be taken without the advice of the physician, and it must always be remembered that if any medicine is taken, a part of it will be secreted by the breasts in the milk and the baby's bowls will also be affected. The daily amount of urine should also be watched, and a liberal amount obtained by the drinking of an abundance of pure water.

The food is important for the mother, not only on her own account, but also for the baby's welfare. For a few days after birth the mother should have liquid diet or a little semisolid food, such as custards, soft boiled eggs and milk toast. When the first great gush of milk comes, it would be best not to take too much liquids. By the end of the first week there is no reason, if everything is normal, why the mother should not have the regular diet that she is accustomed to, and which the rest of the family is eating. She will have to remember that she now has to eat, not only for her own nourishment, but also for the growth of her child; her milk supply will depend partly upon the kind of food that

she eats and the amount. She should eat what she likes and craves and in large amounts, always remembering that the milk is changed and flavored by her diet. If she is on a farm, she will know what happens to the cow's milk when they have eaten bitter weed, and will govern her diet accordingly. If she eats onions or cabbage and the baby has colic, she will blame herself and not the baby, for the restless night.

She must avoid all patent medicines and especially reject all advice in regard to the necessity of drinking beer and ale to increase the supply of milk. This used to be popular advice some years ago and is still being given in some places. No one is ever the better for flooding the system with alcohol. A part of that alcohol will appear in the milk and go to the baby. The same thing is true of all the hundreds of patent medicines. A nursing mother needs no medicine except what is ordered for her by the physician. He should be the judge. Holmes said that if all medicine were cast into the sea, it would be better for man but hard on the fishes, and this is especially true of the young mother. What she needs most is Dr. Rest and Dr. Quiet, and a simple and easily digested diet.

CHAPTER NINE

The Daily Routine

Finally, the nurse is gone and the responsibility for the carrying out of the daily routine rests on the mother. She will find that this care of a baby means twenty-four hours a day and seven days a week. Unless she has very efficient help, there is never a moment for the next year in which she is not apt to be called upon to do something for her child. The mother soon becomes hardened by practice to this irregularity of life and loss of sleep.

In spite of the apparent irregularity, she will, at once, learn that there are certain things that have to be done every day, and she will do well if she writes out and adapts a regular programme. She will not be able to adhere to this programme, because a dozen happenings a day will break it, but if she has a daily routine, she will find it easier to take good care of the baby. The baby will become accustomed to having certain things done for it at certain times in a very definite order, and this regular way of doing the same thing at the same time

will keep it quieter and help it to develop a more normal nervous system.

The day will usually start early, about five in the morning, with the first feeding. After that, if the baby is warm, dry and full, he will go to sleep, and permit the mother to do the same. There will be another feeding at seven or seven-thirty. By the time breakfast is over it will be time for the daily bath. It has always seemed that the baby was washed too often, but women are always happiest when they are cleaning something, and no baby specialist has ever had the courage to advise mothers to be less enthusiastic about the baby's bathing; so, into the tub he has to go, just as soon as the cord drops off and the navel is healed. If there is an adult bath tub in the bathroom, there is no reason why it should not be used for the baby, so long as the tub is clean. The usual idea is that a baby has to have a small portable tub of his own, but this adds greatly to the amount of work necessary, as it has to be filled and emptied by hand. The baby is first soaped all over and then washed off in the water. It must be remembered that this bath is for the health of the child and not for the entertainment of the mother. Some of the new mothers are so glad to see

what a pretty baby they have and how cute he is in the water that they spend more time than is necessary, and by the time the baby is dry and dressed he is thoroughly tired, cold and cross. For this reason, the mother should time herself and try to work as fast as she can. At this bathing period, the child's mouth and tongue should be washed out with a sterile solution: plain boiled water will do as well as any thing, though a little boric acid may be added. The doctor will advise in regard to this. It is always a good idea to consult him freely. If he finds that his advice is being taken, he will be glad to be of all the assistance possible to the young inexperienced mother.

After the bath comes another nursing and then sleep. During these first weeks of life the baby does very little except sleep and eat. If the house is quiet and the room which the baby is in is not too light, he will be quiet most of the time and thus give the mother time to resume, at least, part of her daily duties as house wife. But she should remember that she will never be able to keep house and cook and perform her social and church duties as she did before. If she takes the proper care of this new visitor,

she will spend from five to six hours out of every twenty-four with him, and that will make it necessary to only do the house work that really has to be done. She may be able to do nearly as well as she did before and also keep up with her social and religious duties, but she will do it at her own expense and with harm to the child. She may not neglect him for a minute, but the fatigue poisons will pass from her body into his through the milk and will leave him cross and unhappy and may even give him colic.

The baby should have regular periods of feeding and also regular hours to sleep. As he grows older he will sleep less, but he should always be allowed to be his own judge as to how often and how long the sleep periods are. He will soon become accustomed to his regular bed, either in the baby basket or the crib, and will sleep better there than elsewhere. In putting him to bed it must be remembered that he is just a little thing and not able to manufacture much body heat; so, it is necessary to put some artificial heat near him. This is best done by the use of a hot water bottle, placed well under the padding near the feet. The head and face should be left uncovered except in cold weather, when a soft

blanket can be draped around the head. The air in the room should be pure and fresh. The question of noise in the house while the baby is asleep is under dispute at the present time. One authority says that the household activities and amusements should go on as usual, including the playing of a victrola and dancing. It seems that if a baby goes to sleep under such circumstances, it will only be because he is so tired that he cannot stay awake. The child is entitled to some rights, and one of them is the privilege of sleeping, and a quiet house is one of the things necessary to secure this.

The clothing should be warm, but simple and easily taken off and put on. The latest idea is to have all the outer garments opened down the back so the baby can be laid into them instead of having to put them over the head. Tapes should be used instead of pins or buttons, and the constant question that the mother should ask herself is not whether the baby is handsomely dressed, but whether he is warm and comfortable. This is especially true when the boy or girl is a few years old and is taken out on the street with the parents. The bare legs, blue with cold, the thin sole shoes, the thin silk dress leave a very un-

pleasant impression on the adult who is really a lover of childhood. To see such a child, crying from the cold and tired from walking, being jerked along by a mother in a fur coat, requires a great deal of restraint to keep from telling her some fact about the rights of a child.

The child does not know very much during these early weeks, but he has a very acute nervous system and reacts to all noises and brilliant lights. His sense of touch is well developed, and recent experimenters have shown that nothing disturbs his happiness more than any sudden change in his position. When all this is kept in mind, it can be easily be seen how disturbing it is to a little child to be sung to in a loud voice and bounced and thrown into the air by one of the family, or, even worse, a total stranger.

During the waking moments some attention should be paid to the baby after it is a few months old. From now on, all that he will learn will be from older people, and unless he becomes used to being with them and seeing them in their daily life and hearing them talk, he will be handicapped in his learning. In one case, a mother was

very conscientious concerning her duties to the baby and kept him clean and fed and well clothed, but she was absolutely indifferent to him after the mechanical part of his life had been cared for. The child grew up, unaccustomed to human society, and when he went to school at the age of six he was unable to even talk English, because no one had ever taken the trouble to teach him. This is an extreme case, but many parents are acting in a somewhat similar manner. They should remember that this baby is not simply a little animal, but a human being with a mind and soul, and the ability for intellectual development in that baby brain must be recognized.

The body must also be given a chance for exercise and development. Regular movements of the arms, legs and body should be started at an early age, and the baby should have its daily dozen, as well as the adult. If he is kept quiet on his back week after week, he will finally grow up, but he will not be the sturdy youngster that he would be if his muscles were trained from infancy. This baby also becomes tired, tired of one position and looking at one spot in the room, and should be occasionally taken up and carried around the house or

held on the mother's lap and rocked. This is horribly old fashioned, and the modern mother is filled with the harmful effects of such practices. But the baby must be loved in order to grow, just as a flower has to be loved in order to produce fine blossoms. The child who is not loved and held and rocked and sung to a little is not getting very much out of life.

The use of rubber pacifiers and thumb sucking should be discouraged, but it will not be long before the teeth begin to grow and then the baby is bound to chew, bite and suck on something. Training is necessary, and there is no doubt that persistent thumb sucking does harm to the new teeth. But certainly some way can be devised to train the baby other than putting the hand inside a metal can or putting the arm in a metal splint so the elbow cannot be bent and the thumb brought to the mouth. Such instruments simply relieve the mother without taking into consideration the rights of the child.

CHAPTER TEN

Training the Baby

The baby is born with a few well developed instincts, but all the other parts of life have to be learned, this learning to be acquired by a process of training. The principle underneath all this training is a simple one. If the same thing is done for the child at the same time in the same way, the baby learns finally that he has a part in this performance and begins to play it. The school of scientists who do not believe in heredity feel that all intelligence is based on training, and they say that a baby is conditioned to this or that occurrence in his life. These scientists are called by the long name of behaviorists, because of their belief that all of human action is made possible by the past experiences and actions of that individual. These processes of training take a great deal of time and patience, but the mother is finally well repaid for her trouble.

One of the most important parts of this infant training is teaching the child to use a nursery chair. This should be started at the age of a few months. The first success may be accidental, and several days may

pass without any visible results, but if the training is persisted in, the child should use the chair altogether in the daytime by the time he is nine months old and within the first year should remain dry during the night. When the chair is being used, the child and the mother should be in a room by themselves, and no playthings should be near the child to distract his attention from the work that he is engaged in. Even with a full bladder, the child will refuse to void unless these conditions are in force. The presence of a visitor or the holding of a new toy will be sufficient to make a failure of that attempt to use the chair, and the child will relieve himself in a few minutes later in the baby carriage or the bed.

The child should also be trained to have a daily bowel movement at the same time of day. This can be initiated by a little warm water and soap, given by means of an infant syringe or by the use of glycerine suppositories. Savage peoples and the early settlers used the soap stick for this purpose. The child soon learns to contract the abdominal muscles and strain to relieve himself. Nothing is so beneficial as this routine and thorough evacuation of the bowels in the morning hours.

In a few months the child will have to be taught to help himself. His first efforts to be helpful will be of no value except for purposes of development and training, and may consist of little things, like splashing when in the bath, and straining when on the nursery chair. Later on he must be taught to drink out of a cup and eat out of a spoon. All of his early muscular movements will be awkward. He may have a dim idea of what he wants to do but cannot work his muscles in harmony so that his arms or legs do what he desires. Because of this awkwardness, the spoon will land in his eye or upside down on his chin as often as it will in his mouth, but after a thousand or more efforts, he will begin to feed himself fairly well, and he should be given a chance to learn, though it would be a great deal easier to feed him. This is true of all his muscular movements, and there will be thousands of different varieties of them as he grows older. He should just as soon as possible, be assigned a definite part in his daily bath, if it is only holding a second wash rag and gradually, day by day, his part in the bath should be increased till he is able to take entire care of himself under the mother's supervision.

In a like way, he must learn to dress and undress himself. At first, he will be better able to take the clothes off than to put them on, for the unlacing of shoes and the unbuttoning of buttons are easier tasks than the reverse. Still, he will never be able to do such things unless he begins, and the sooner he begins the better for his future. A general rule would be to never do anything physically for a child that he is able to do for himself, and this principle applies to the one-year-old infant as well as to the high school boy. Often adults are met who never seem to be able to do anything right, and who, blundering, go from one mistake to the next. If these cases were traced back to childhood, it would be found that they were children of parents who insisted on doing everything possible for them long after they had passed the stage of being able to care for themselves. In one case of marked muscular incompetency, the mother insisted on cutting the meat of the fifteen-year old boy at every meal and spreading his bread for him. The boy was unable to do anything without great awkwardness, because he had never been allowed to do things for himself when he was a little fellow. His entire life

was handicapped because of the great love of the mother. It was a great love, but it was a mistaken and a selfish love, nevertheless.

In teaching the little child to do anything, the greatest pains must be taken to teach him to do it right. Life is short, and there is no time to learn to do something wrong and then relearn it the right way. From the very earliest months of training the thoughts that this baby will some day be an adult must be kept in mind. When anything is taught him by the parents, the parents should remember that he is an adult in miniature. For example, when he is taught to eat with a spoon, he should be taught to use that spoon the way that an adult would use it. The fork, the cup, the spoon are all instruments of eating that he will use a great deal, and if he is taught to use them in the wrong way, it will be almost impossible for him to use them the right way when he has become a man. The child should never be excused for continued bad manners when he is a baby, simply because he is a baby, but only because he has not learned the right way to do those acts.

This policy of training is especially im-

portant in regard to the teaching of speech. The child can only learn to talk by listening to others, and he will show in a little while that he is a very good imitator. Wrong pronunciation, misuse of words, the use of poor words when better ones are available, the use of slang and cursewords are all errors that the child will absorb and imitate at a very early age, and if these habits are not corrected very soon, they will never be corrected at all. Little boys of four have been observed that could swear with the fluency of manhood and still had no idea of what they were saying or what it meant. Such habits last and do incalculable harm. For example, a boy has been brought up from infancy to eat with his knife. Up to the time that he leaves home to go to college, he and his family have eaten that way. When this boy goes to college he may or may not notice that the knife is only used to cut with or spread butter, but, even though he may try to learn the code of new table manners, the time will come when he will forget and use his knife, and that social error will cost him success in business or be the cause of a broken engagement.

With such an example in mind it is easy

to see how errors in grammar or pronunciation, learned early in life, will have a serious effect on the success of the child when he reaches adult life.

But the training is not only to be given by conscious teaching or even conscious imitations. The child will unconsciously develop nervous conditions which are common in the adults whom he has to associate with, little peculiar habits of holding the muscles of the face or walking or drumming on the table with the finger nails. Many adults have such habits, and if questioned about them, will say that they are inherited, that all the family have acted that way. They are not really inherited, but have been passed from one generation to the next by the unconscious mimicry of the little child. In this way a sedate silent father will be apt to have that kind of a son, while a mother, who is aways excited and fidgety and accustomed to speak in a shrill, unpleasant tone will have a daughter with the same characteristics.

If this description is true, then it is more than important for the father and mother of a litle child to stop long enough in the mad rush of life and make a careful exami-

nation of themselves, and if they feel that they are unable to do this honestly, then let them engage a specialist to do it for them. When they find habits or ways of acting that are not of the best type, let them try as best they can to change or even remove them from their lives so that their child will not grow up under the same disadvantages which they have. Every good father or mother wants his child to have the best chance that his finances can afford, but it would be just as well for the child if, instead of working hard to make extra money, the parents spent some time in preparing their lives and habits so that the child would have a good example to follow.

This question of setting the best example possible for the child to follow cannot be emphasized too strongly. The parents have this little one and they owe it the best chance possible to succeed in life. They may love that child, make every sacrifice in order that he be well fed and warmly clothed and safely bedded—but all this precaution is not enough. All the preparation will be a failure unless the boy baby grows into a happy gentleman and the happy girl baby into a happy gentle woman.

CHAPTER ELEVEN

The Sick Baby

The very best way to care for a sick baby is to keep him well. There is no really good reason why a child should be seriously sick till he starts going to public school. There he may be exposed to some diseases of childhood which cannot be avoided or prevented. If, however, he can pass the first six years of his life without serious illness, the child has such a favorable start on the road to healthy adult life that he can have the ordinary diseases of childhood without much unfavorable result.

Formerly, disease was considered a necessary part of the lives of little children. The parents felt rather pessimistic in regard to the prevention of disease and took the position that since the child had to have these diseases some time, the sooner the better. The one-year-old infant was taken to the house in which measles was raging and deliberately exposed to that disease. Fortunately, we now know better and even parents who are ignorant of much of the hygiene of childhood would consider a long time before they would expose their

children to any sickness, no matter how trivial it was.

At the present time, a great deal is known of what is called preventive medicine. Certain treatments can be given a child or an adult, which will almost surely prevent certain diseases. Some of the most dreaded conditions of the past have now been rendered harmless by this form of medical practice. The parents of the modern child, therefore, have it in their power to decide whether their child shall have a chance to escape these diseases or not. If they are living in the country under the best of conditions, with a pure water supply and neighbors that are some distance away, the chance of infection is slight, but, under the ordinary modes of living, it is impossible to tell when a child is safe and when he is not. The best rule to adopt under such circumstances is the industrial one of "Safety First."

The family probably have a family physician whom they trust, and this physician is, perhaps, the one who delivered the child at the time of his birth. This fact always makes the doctor more interested in the baby; in fact, he feels that, in a medical

way, he is related to the little one. For this reason, he will feel more interested in the health of the baby than he would otherwise. The parents should consult him and tell him that they wish their child protected in every way known to medical science and that if there is a chance of saving the child from any illness, they want their child given that chance. The money which this will cost will be but a small amount compared with the cost of one serious illness which may be disabling to the child or may even result in his death.

Briefly speaking, the child can be protected against small-pox, typhoid fever and diphtheria. These diseases can almost surely be prevented. Influenza can be prevented or lessened in severity. Whooping cough and scarlet fever can be treated in such a way that they are no longer to be dreaded. Measles, chicken-pox and infantile paralysis cannot be prevented except by strict avoidance of active cases, but, even here, prompt treatment can lessen the severity of the diseases. The doctor and the parents should enter into a campaign that will include every precaution and the best care available when sickness actually takes place.

There is another group of diseases that are caused by improper feeding. Here the mother is directly responsible for the health of her baby. A great many babies die every year from over-eating or eating food that is spoiled. No mother would deliberately put poison into her child's stomach, but thousands of them do just as bad in not being careful of the food that they give the child. This is especially important in hot weather, when even the best and most carefully prepared food spoils quickly. The first thing necessary is a good refrigerator or ice box to keep the food in, and then the next thing is to see that this box is kept clean. "Cleanliness is next to Godliness" is the old motto, and it is especially true of infant feeding, for, no matter how much a mother may pray for the safety of her child, these prayers will not do much good unless she keeps the food in a well iced and absolutely clean refrigerator. This need not be an expensive one, and may even be homemade, according to the specifications furnished by the Department of Agriculture at Washington, but it must be clean.

There will be some parts of the country in which ice will not be available, and if

this is the case, the mother should prepare only one feeding or one meal at a time and not try to save any of it till the following feeding. She may be fortunate in being able to secure a milk that is almost free from germs, but if there is any doubt of this, there are several very fine dried milks on the market which simply need mixing with boiled water to form a good substitute for mother's milk. Some of this can be prepared fresh for each feeding and what is not used can be thrown away. If this is fed in bottles that have been sterilized by boiling, the child can be taken through the heat of summer in comparative safety without ice. In selecting a substitute food to take the place of mother's milk, it is always best to consult the family doctor. He should not only be consulted, but paid for this service of advice. It is far better to have advice that will keep the baby well than to pay for medicine to cure him after he has become sick. It is believed that the medical practice of the future will largely be in the lines of keeping the patient well instead of treating him when sick.

One of the best ways to keep a baby well is to clothe him in a sensible way, according to the temperature; in the winter time

woolen next to the skin and enough clothing to keep him warm, especially his feet and hands. In the summer time perhaps nothing except a diaper and a band around the abdomen. Also in hot weather frequent bathing is often a benefit. It has been shown that a temperature of over ninety-five is often the sole cause of diarrhoea in babies, and, consequently, the thermometer should be watched, and when the temperature goes over ninety special precautions should be taken to make the child comfortable and keep him cool. An electric fan, by keeping the air in circulation, will often be the chief difference between sickness and health. The mother should also remember that the hotter the day, the less food should be given, especially of the heavier proteids and fats. This is the time for sugars and an abundance of pure water. The child is losing, every hour, much water in the sweat, and this must be replaced to protect the kidneys and the baby's general health.

Before the child is born, or as soon as possible afterwards, the mother should learn to take the child's temperature. This is not a difficult thing to do, and in every little indisposition of the child is most necessary. A dollar will buy a thermometer

and five minutes with a doctor and the baby will be sufficient to teach the mother how to use it.

Having a thermometer and knowing how to use it, the mother should learn the danger of fever. No matter how the child may be complaining, if the temperature is normal, there is no great cause for alarm. If there is fever, no matter the cause, the important thing to do is to reduce it, and this can be done while waiting for the doctor to come. The young mother should not wait till the fever is actually present to learn to treat it, but when she has the lesson in taking the temperature she should also learn how to treat the fever. This can be done by the use of water, either warm or cold, and applied either in the form of a bath or a rub or with compresses and ice poultices and icebags. A course of nursing is of the greatest value to the young mother, even though it only be a correspondence course. The mother should feel that she cannot know too much about the body of her baby and how to care for it. If this book serves no other purpose than to encourage mothers to read larger and more costly books on child care, then it has filled a very valuable place in the home library.

There is one part of the child's growth that is normal and yet is accompanied by symptoms that are serious enough to call an illness. This is the cutting of the twenty milk teeth. No matter how easily the child does this, there are always fretful days and sleepless nights. The child has a little pain and discomfort all the time, and the more sensitive the nervous system, the more he reacts to this pain. Teething is blamed for a lot of trouble that it is not responsible for, but, at the same time, it does cause considerable distress. If there seems to be more pain than is good for the child, a physician should be consulted.

All this discussion is simply an indication of how the child can be kept well. It is far from complete, but it is intended as a textbook, neither in nursing nor the practice of medicine. It will simply serve as a slight guide to health and an inspiration to the young mother to seek more knowledge in larger books. If it accomplishes this, it will be worth while.

CHAPTER TWELVE

The Sexual Education of the Child

In many ways the child who grows up in the country is fortunate. It is not necessary that he live on a large farm, but if he has only an acre to run around on, it will be enough to make him a country child, for he can have on that little piece of land his pets and his flowers. The little child should know about both of these kinds of friends early in his life, in fact, as soon as he can talk and walk. He should realize that they are his friends and treat them accordingly. From them, the mother can teach the little fellow many lessons that will go far towards helping him to be that happy gentleman that everyone is so anxious for him to grow into. There is the lesson of loving kindness for the weak, sympathy for the injured, respect for all old, and, above all, the great lesson of the reproduction of life in everything that has life on that little piece of land around the house which the boy or girl calls home.

Turn the child loose in the garden and teach him to use his eyes. Give him a sand-

pile at first and show him how to use his muscles. As soon a possible, exchange the sandpile for a flower and vegetable bed. With help, he can sow the seed and reap the harvest of onions, radishes or peas. Flowers as daily gifts to his mother or for his father to wear in his coat every morning will add to the gay excitement of the adventure. In a single flower he can be taught the sowing, the germination, the early growth, the flowering, fertilizing and seed formation that runs through the whole scale of life. Very early in life he can learn all these stages and identify them as he sees them in his garden.

He can be taught to recognize the toad and the bird as the friends of man and of the plants and flowers. If the trumpet vine or aquilegia is planted, he can be shown the humming bird, gathering food for herself and her babies. He can be taken out late in the evening, and, with the aid of a lantern, see friend toad catching flies. A rabbit may inhabit the briar patch under the nest of the mockingbird, while, every morning the alarm of the woodpecker from the rotten tree at the end of the garden will awaken him. He will learn that all that the timid wild things need is love, security

and a little help with the food problem, and they will gladly turn any five-acre lot into a second Garden of Eden. In the Garden, living in the big home, will be the father and mother and little child, and he will soon see that this is only one home on the land that belongs to the house. He will see, almost without being told, that the toad and the rabbit and the salamander, earth worms, mockingbirds, brown thrashers, and woodpeckers all have homes that are very much like the home which he eats and sleeps in. At least they all have fathers and mothers and little children. He will compare his mother with the little drab wife of the redbird and wonder, whether, when his father sings in the evening, he is singing in praise of his wife's beauty as the mockingbird husband does in the moonlight.

In his crib at night, with the window open, he will look out at the trees and stars, and he will think of all his little friends in their homes and of all the little babies, some of them just in the small speckled eggs in the nest and others fuzzy things, all mouth when they think their parents are coming with food. He will think of the little dogs out in the straw, and how

small and helpless they are and how nice it is that they have a dog mother to nurse them and lick them clean and teach them how to be happy dogs. Then one night he will call his father to his nursery and say, "Daddy, how did I come here?"

In such a case, the father will have an easy time. The little boy knows all about life and reproduction. His father and mother have talked to him about every part of it several dozen times. Life is no mystery to him, but he has never realized the part that he plays in it. All that his father has to do is to explain that his birth was just like the birth of the little puppies, that for months, while he was just a little baby, his mother carried him just as the dog did her little children, and that the cause of his first life was an act of love, such as his father has shown him in the lower forms of life, the insects, flowers and birds. That, in a few words, and simple ones at that, will tell the wondering child what he wants to know. There will be no more mystery, no further worry about the unknown. The child, satisfied that he is a part of the wonderful world that is so much of a home to him, will go to sleep. The

next morning all the friendly birds, little beasts and beautiful flowers will have a new message for him and he for them, for now, more than ever, he feels that he is their brother.

The future of this little boy or little girl is now safe, as far as his sexual life is concerned. All that is necessary is to go on building on the sure foundation that has been laid. The child has learned one thing and that is to have confidence in his parent's honesty. He knows that, no matter what he asks his parents in the future, he will receive a plain and an honest answer, that a very earnest attempt will be made to tell him, in a way that he will understand, the information that he is seeking.

There need be no hesitation on the part of the parents in telling him what he wants to know. The fact is that if a child has intelligence enough to think up a question and vocabulary sufficient to ask it, he is old enough to be given a straightforward answer. That is a very easy and a very safe rule to go by. As a matter of fact, the curiosity of childhood over sexual questions is soon satisfied. Life is a rather large proposition for him, and he has a thousand and

one things to demand his attention besides sex. The very best way of keeping him from unhealthy broodings over such matters is to remove all the mystery and doubt and put it all plainly before him in words of one syllable.

It will be even easier if the child is a little girl. Her curiosity may be greater, but her ability to understand the mysteries of reproduction will also be greater, and, in the discussions that follow, she will feel that she and her doll baby in the playhouse out under the trees have a deeper bond between them than her brother, with his ball and bat and air gun. The little boy will talk about it for a minute and run away after the Indians, but the little girl will live through the great epic of life with her God and her doll baby and thereby prepare and sanctify herself for the greater life to come. If the parents are wise and love each other, they will tell their children what that love means. It will make better children and better parents and a finer home.

CHAPTER THIRTEEN

The Father and His Baby

From the time that the pregnancy of his wife is announced, the husband is made to feel that he is a very unimportant and insignificant part of the family life. In most cases he is led to believe that from now on all that is expected of him is to pay the bills and keep out of the way. The women rule the home. His wife is not as keenly interested in him as she was; his mother thinks that he is to be pitied because of a silly girl that got him into trouble so soon, while his mother-in-law has nothing but contempt for the nobody whom her daughter was so unfortunate as to marry—and now see what has happened! She thinks it would have been better had they waited five or ten years. The man feels that in some way and for some reason everyone is blaming him for his wife's condition, and, consequently, he grows more unhappy day by day and week after week. He feels that he has no part in the approaching event. His place is only that of the father.

If he could only realize it, he has a very

important part to play in the drama that is unfolding and which will never come to a close. He is one-half of the family, not a fifth or a tenth, but a half, and his part is one-half also. In fact, his wife has a rather minor part to play for the next nine months, compared with his. He has to assume full responsibility for the financing of the new guest. That not only means the expense of the actual two weeks following the delivery, but also the extra help that will be needed for weeks before the child is born and probably for years after. There will be the expense of clothing, both for the new mother and the baby, and the immediate complicated change in the economics of the household. If there is a trained nurse, he had better have a checkbook in one hand and a pen in the other, for it is surprising how many deficiencies the nurse finds, no matter how carefully the mother has prepared for the child.

But these are simply matters of finance and are not really the big things in his life. It is his duty to see that his wife is kept happy, is well entertained during his hours of leisure, and is spared all the fatigue that it is possible to shield her from. On her

mental condition and general good health and spirits depends, to a large extent, her future health and, it may be, the health and happiness of the baby.

It is true that the husband may have cause to feel that since the beginning of the pregnancy his wife has been more interested in the new baby that is growing within her than she is in her husband. So far, the husband has been pretty much of a pet and has had things his own way, but now he has a rival and that fact bothers him. While this may be true, it is also a fact that his wife is doing some very serious thinking about her husband, for she is beginning to fear that the changes taking place in her body will cause her to lose her attractiveness to him, and she knows that more than one man has deserted his wife during this period and spent his spare time with prostitutes. That worries her, and when she recalls all the older women that she has heard of who have had that experience and whose family happiness came to a grand crash at this time, she feels even more worried.

What these young people should do during this time of their married life is to love each other more than ever and be more

demonstrative than they have been at any time in their lives. The husband should initiate this increase in the expression of love and by his devotion and tenderness should relieve his wife of all worry over his possible unfaithfulness. She will respond to this action with a greater love. Together they may be able to relive the passionate joy of the honeymoon days. There will be books to read and plans to make and little picnics in the country and an occasional evening at the movies or a game of cribbage. The constant effort of the man will be to see that his wife is so shielded that she thinks only happy thoughts and has nothing to worry her if he can prevent it.

Thus month by month they will journey together toward the end of the waiting. Both of them know that there is just a chance that it may be the ending of a life, or maybe two, but that thought is never mentioned, simply kept in the darker secret corners of their consciousness. Then, after what seem years to the man and an eternity to the woman, the child is born and there is a sudden and sharp collapse—everything is all right—just a few more gray hairs in the man's head if he was

really in love with his wife. The baby is put in his arms—and he says that he is glad it is a girl—.

As long as the nurse, mother and mother-in-law are in the home taking care of the new mother and baby, there is not very much for the husband to do. He probably would not be allowed to do very much if he wanted to; but the time comes when the relatives and the hirelings depart and the family is reduced to mother and baby and father. There may be a maid to do the housework and cooking, but, in a great majority of homes, this questionable luxury is missing.

So, the little family is alone in the house. What are the new duties of the father to the wife, the baby and the home? Has he any? There is no doubt that the average man will answer that if he works all day and brings into the home everything that he makes, and gives it to the wife for the support of the family and the upkeep of the home, he has done his full share. If he does this, he has done very well, but not as much as he can or should do.

He must keep in mind that before the

baby was born his wife was rather busy all the time with the cares of the household. She was able to do everything required of her and even go out occasionally with the husband, though if she tried to do her own sewing, there had to be some of it done at night. Even with the best management she was a busy woman. From now on she will have to look after the home and in addition spend six hours out of twenty-four with the baby and his care. In other words, she will either have to work a great deal faster during the remaining eighteen hours to do all that she did before the arrival of the baby, or she will have to leave some things undone. If she tries to do everything, she will do some things poorly, while, no matter what else is neglected, the baby must be cared for.

The husband should spend a few hours one Sunday thinking over this problem and his relation to it. Then he should determine to help his wife solve it. First, there will be a lot of the household work that can be stopped, a lot of luxuries that were pleasant enough for a bride and groom, but which were not absolutely necessary. The best set of china can be put away. The fine

table linen can be ironed and placed in the linen closet. The meals can be simplified as to variety and the time necessary to prepare them. The local laundry can be used for the flat work and a lot of useless ironing can come to an end. The wife will probably not want to do any of these things and, no doubt, would not if it were left to her to decide, for she has her pride and feels that she must do as well as she did before, in spite of the baby. But if her husband suggests and insists on these changes, the matter will look a little different to her.

Not only must some of the household work be stopped, but there must be some help from the outside. If there is no maid, a cleaning woman, in once a week, will help a great deal and save the wife that many hours of work. Once a week a woman can come to the house for a half day to do the mending and sewing that has accumulated during the past seven days. With such an arrangement, all that the wife has to do when she finds a button off or a stocking in need of darning is to put it in the mending basket and forget it.

The husband has probably heard a great

deal about the efficiency and method in the business world. If he is working in a great office or factory, he knows about the constant effort that is being made to find easier and quicker ways of performing the daily routine. He should apply this knowledge to the home and see if he cannot speed up and simplify the necessary parts of the household work. If by doing so he can save his wife an hour a day, he will perform a remarkable work.

But, in spite of all these lines of endeavor, he will find that there still remains a great deal to do and that for many hours during the day and often during the night his wife is working. Can he help? He most certainly can and should. There is no reason why he should simply work so many hours a day and then come home and rest till the next day, while his wife has to work all the time. If he is really in love with his wife, he will see this, if for no other reason than the selfish one of wanting to keep her young and pretty as long as he can.

So, following out his suggestion, he will get busy as soon as he comes home in the evening and see what he can do to assist

with the house work. His golf may suffer and at times his evening paper may have to go unread. There is no use in going into detail as to just what he can do, for every home is different, but his constant thought should be that every time he performs a necessary duty around the house he saves his wife as many minutes as it took him to finish it, and that leaves her just that many minutes of rest or time to do a necessary piece of work better to her satisfaction.

The man may protest that all this is woman's work. That may be, but it is usually too much for one woman to do well and keep her youth, so, if the man does not want to do the housework, he had better start and earn more money so he can hire a woman to do it for his wife. It does not make any vital difference who helps her so long as she is helped.

Can he stop there? Maybe so, and, yet, there are men who will see the injustice of their wives' passing eighteen months or more of their lives without one night of continuous sleep. Of course, some babies sleep at night, but there are other babies who reach the age of two before they are

able to go from eight to six without waking. They have to be changed and nursed and tended to generally. Even with the best of training they need attention at night. What is the husband's part in this night work?

In one actual family the husband answered this question in a very practical way and one that was very satisfactory, as far as the health of his wife was concerned and his own opinion of himself. In this case it was necessary to raise the children on artificial milk, consequently, the mother could sleep all night if there was someone to care for the babies. There were several children, some years apart, and in each case, as long as the baby needed attention at night, the husband cared for it every other night. The newest baby was kept in a room adjoining the main bedroom, and, with the door left open, any sound from it could be plainly heard. The wife accustomed herself to sleeping with one ear open every other night. The nights on which her husband took care of the baby nothing was able to wake her, and she had long hours of solid and refreshing sleep. The husband similarly trained himself to alternate nights

of watchful light slumber. It was a little more difficult for him than it would have been had he never started it, but his idea was that it was just as much his business to look after the babies at night as it was his wife's.

When the child is big enough for training in eating, walking, talking and dressing himself, the husband should take a part in the education. Most children are rather fond of their fathers and will be glad to do little things for them, and if they take a part in this routine training, the children will advance faster than if all the work were left to the mother. The man may not have much time except Sundays, but he should give the child what time he can. He should remember that this child is his child and that much of the child's future happiness depends upon the training that he receives during the early years of life.

He can help the child to bathe and care for his own clothes. If the father has had an army training, he can make a game of part of this, and, by taking advantage of the hero worship, that every youngster gives a father who was a soldier, can teach lessons of order and system that the boy would not learn otherwise. The most im-

portant lesson that the father can give the little boy is the proper respect that he should show to women. Here the father should educate by showing the boy how a gentleman treats his wife. The constant courtesy will make a deep impression on the young mind, and if the father details some of these courtesies to the son as soon as the boy can do them, the boy will grow up and never be able to remember when he did not take off his hat in talking to a lady, or fail to properly seat her at the dinner table. The courtesy of polite conversation must be rigidly observed, as well as the niceties of conduct.

Table manners will be learned from the father more than from the mother. The boy will soon find out that he is a little man and will have a great pride in his sex. He will want to do everything the way his father does it, and will early want to wear the same kind of clothes and talk the same way. If his father says, "Please," and "thank you," at the table and raises his hat in passing a lady on the street, the child will want to do the same thing. It will be his idea of perfect manhood. If the father is a real gentleman, the boy will

continue to imitate him during adult life. There may be changes and distinct personalities formed by the younger man, but the foundations of character will be laid by his imitation of his hero during the formative years of life.

CHAPTER FOURTEEN

The Child and the Family

As the child grows out of infancy, he finds more and more that he bears a definite relation to the family and to the outside world. He cannot gain this idea too early or have it too firmly fixed upon his mind. While it is true that he had no distinct voice in regard to his arrival on this earth, still, he is here now, and a part of a family, and, therefore, has some very distinct responsibilities to that family.

As soon as he goes to school, his relation to society will be shown him in more ways than one, but the parents should not wait for him to learn this lesson at school. The home is nearly the best place to learn almost all of the more serious parts of life, and again it seems that the best teachers are the parents.

These lessons in regard to society, as far as the little child is concerned, are divided into two parts, the duties to the family in the home and the duties to the people in the world outside the home. From the first dawning of intelligence in the baby brain these lessons must be given and thoroughly learned if the child is to make a

success out of adult life. The first of these lessons is consideration for the rights of other people. At first, these will only be his father and mother. A great deal has been said about the rights of children, but parents have rights too, and the sooner the little baby finds it out, the better it will be for everyone. In his infancy it is rather hard to explain to a baby just why he should do certain things in a certain way at a certain time, but it will not be hard to have the child do them even without understanding. As soon as the power of reason develops, the child should always be given an explanation for everything that he is asked to do, and that reason must be a good and suffcient one, given in plain language. If it takes ten minutes to tell a child just why his mother wants him to perform a certain act that only takes one minute to do, the ten minutes is well spent if the child does the act cheerfully and to the best of his ability. Love will count here, it is always a powerful agency in youth, and, while its powers should never be abused, still, there should be no hesitancy in appealing to that emotion in a child.

In addition to the consideration for other

people, the child must be taught the proper respect for age. As soon as he can understand words, he should learn that his mother made a sacrifice in every way in giving him birth and caring for him as a child and he can only repay this care by love and respect for her till her death. The father also has done for him much that no other man would do and the older man will keep on doing for his son, demanding nothing in return, but delighted if he receives the love and consideration due him. The same respect should extend to the grandparents, for it is primarily their sacrifice that made the family possible.

Within the family may be other children, and the youngest child will have to learn to give and take in his life with them.

The child has to learn to adjust his life with the life of the other children next door and in the neighborhood. Nothing is worse than to make a child grow up alone without playmates. This absence of companionship in early life may have a very unfavorable influence on the adult habits and thought. If there are no playmates, then a dog can be substituted. The child must have someone to be with and play with.

Very early in life he will learn of group social life, usually in the church and Sunday school. Without saying much about it to him, he can be taught the beauty of the different families meeting together once a week to study morals and worship God. It will be a wonderful idea if he learns thus early in life that everyone is related and that all are neighbors and friends. He will receive a part of this lesson in the church, and he should be taken there as soon as he can be trained to conduct himself properly. Perhaps at the age of four kindergarten training can be added to this education in group social life.

As soon as he can be taught to do so, he should be given certain definite daily tasks which it will be his duty to do. The size of these tasks or the amount of time spent on them is not as important as is the fact that the child is learning to do something for the family in the home.

In his contact with society out of the home he will at once be associated with older boys, who will delight in doing all they can to fill his little mind with wrong ideas about sex and the relation of man and woman. If he has been well trained, he will at once return to the home and tell his

parents all that he has learned and have all the difficulties ironed out. This is only possible if he has entire confidence in his parents and feels sure that they will tell him the truth if he asks them for it.

CHAPTER FIFTEEN

Education in the Home

Under ordinary circumstances the child will not go to the primary school till the age of six. Before then he should have an opportunity to acquire a good beginning of his educational life. The amount that he will know at six will depend partly on his parents' knowledge, their ability to teach, their willingness to teach and his ability to be taught. With the average child, there is practically no limit to his desire to learn; the entire world is new to him and he wants to know all about it at one time.

Just as soon as he knows a few words, he should be told stories with these words in them. Much of the conversation with him will have to be conducted in the vocabulary which he is acquainted with, but the effort to teach him new words must never stop, and in a short time he will have a very fair vocabulary to form his spoken language from. Then it will be possible to read stories to him and have him memorize these short stories and little poems. Every child loves to hear stories, and there is no one that can tell them as well as the mother

and father. It is all well enough to buy phonograph records with nursery tales on them, but when these are played they lack the personal appeal that they would have if told by one of the loved ones in the family.

The next step will be teaching the child how to read. The school teachers will tell the mother not to teach the child anything but wait till the school life begins. But if the child is raised in the right kind of home, he will be wanting to read at four and reading simple sentences at five, and it is useless to hold him back, simply to please a teacher's fancy. As soon as the child can read at all he should be given the best literature for children, for there is good literature for little ones, as well as for adults.

But, irrespective of whether the child can read, the parents should never stop reading to him, and this reading should be of two kinds. First, there must be the slow, careful reading of simple literature, which will enable the child to understand every word and every idea. The reading should be slow and the child encouraged to stop the reader at any time at which there is a word that is not understood or an idea that is not plain.

The other method of reading is purely cultural. In regular order he should have read to him the world's classics, and these should be read fluently and without regard to the question of whether or not he is acquainted with the words and even with most of the ideas. The beautiful parts of literature, like the "Psalms" and other parts of the "Bible," "Pilgrim's Progress," "Water Babies," 'Back of the North Wind," poetry, like "Hiawatha" and "Evangeline" and "Idyls of the King." The child will receive part of the story, but he will get all of the beauty of the rhythm and the sound, and thus will grow up to enjoy the best in the world of letters and song and music. All this is what is meant by culture. The same thing should be done in all the arts. Why not supply him with a portfolio of pictures from the Masters, which are supplied by the Copely Prints at a few cents a picture? Surely they would give him a clearer idea of art than he will obtain by looking at the comics in the Sunday Supplements. A few good pictures could hang in his nursery, while in a place of honor should stand a fine marble, if the parents can afford it, or a plaster paris cast of the same if they only can spend less than a dollar.

Finally it must be again repeated that the greatest education that can be given the child is to make it possible for him to see the pure love of a man and woman in a happy home. The home life will, to a great extent, make or mar him as an adult. Harmony, consideration, love, respect, gentleness, culture, kindness, a love for the beautiful are the lessons that he can learn best from the parents' lives as they are lived day by day in the home under the watchful and interested eye of the little child.

CHAPTER SIXTEEN

The Happy Child

The child has a right to be happy. The problem of how to help him reach this pleasant condition is far more complex and difficult than it seems to be on the surface. For happiness, like love, is not to be bought at a department store or secured as the reward for one day's work.

If the road, by which this child's happiness has traveled till it finally ends in the six-year-old boy, is carefully studied, it will be seen at once that the big thing through it all has been a thorough education in the science of the sexual relation of the two sexes. First, there was a boy just entering adolescence, and by years of patient effort his parents educated him in sexual philosophy till he thoroughly understood his place in the scheme of life. Knowing all that there was to be known, he made a determined effort to retain his personal purity, and succeeded.

Then there was a girl just entering puberty. Her parents taught her the sexual knowledge, necessary for her sex, and

by that teaching made her understand that there was nothing finer than the life of a married woman in a home. While she went on securing her education and preparing to earn her living, if it was necessary for her to do so, still, she was always longing for the right kind of love to enter her life. She felt that there was nothing finer than the idea of becoming a joyous wife and a happy mother. While she was thoroughly acquainted with all the sexual philosophy to accurately judge of just what that future life would be, yet, she was pure and innocent and perfectly able to protect herself, because of her complete knowledge.

This boy and girl had unusual parents, because, up to the present time, the average parents do not see the necessity of taking all this trouble with their children. They may have had unusual grandparents. No doubt, if the families were carefully investigated, it would be found that in many ways they were different from the ordinary or average families.

The boy and the girl are attracted to each other, probably because they both have had a similar education. They see a great deal of each other and fall in love.

During the period of courtship and the engagement, they conduct themselves the way in which a gentleman and gentlewoman should and they do this because they have been educated in the proper relation of the sexes at that time. Finally they marry. Their life as man and wife is also that perfect conduct, because they have never been able to forget that one of them is a gentleman and the other a gentlewoman. The young wife stays in the home and the husband works as hard as he can to make that home a real palace for noble folk to live in.

The woman becomes pregnant, and during her pregnancy the husband remains a gentleman and does his best to care for his wife and remain pure himself. The baby is born without disease, and the wife soon recovers her usual health. From then on they treat the baby with the consideration due an individual. They respect his rights and teach him to respect theirs. They care for his health and do all that they can to promote his intelligence through a system of wise education. He is prepared to take his place in society. All of the sexual knowledge that is necessary for his age is given him in honest, simple language. He

is given a chance to acquire culture and is introduced into the wonderful world of books.

At the same time, he has received the benefit of a healthy life out doors, with animals and flowers as his friends and pets. He has been allowed to play. The little girl has been shown that there is nothing finer than to play in a little home, with dolls for her babies.

He has spent six years in a home with parents that really love each other. The home has become a living thing to him, and at this early age he can think of nothing finer or better than to have a home just like that when he is a man.

Visitors see him, and, after close observation, say, "There is a happy child!" and they ask the parents just what they did to bring about such favorable results and just what happened to make the child so happy.

If the parents are wise, they will probably tell the story, starting with the great-grandparents of the child.

THE END

C0-EGE-138